

Raw Apple Crumble

This dessert is easier and faster to make than an apple pie or crisp, and requires no baking. Instead of refined sugars, this recipe uses dates for sweetness, and lemon juice and nutmeg for that extra zing. Visit Cathy Fisher's blog at [Straight Up Food](#).

Serves: 4

Crumble topping:

- ½ cup walnuts
- 2 pitted dates, chopped

Filling:

- 3 apples, peeled, sliced and diced
- 1 tablespoon lemon juice

Apple Sauce (to be tossed with the diced apples above):

- 2 apples, peeled and diced
- 2 tablespoons lemon juice
- 5 pitted dates
- ¼ cup raisins
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg

Topping: Blend the walnuts and dates in a food processor until the texture is similar to Grape Nuts. Spoon into a small bowl and set aside.

Filling: Toss the 3 peeled, diced apples with 1 tablespoon of lemon juice and set aside in a bowl. Next, in the food processor, blend all of the sauce ingredients: 2 apples, 2 tablespoons of lemon juice, 6 pitted dates, raisins, cinnamon, and nutmeg. Toss this mixture with the sliced apples.

Serve: Place one-fourth of the apple filling into 4 small dessert dishes and sprinkle with date-nut topping.

Note: Use a good eating apple, such as a Gala, Fuji or Pink Lady in this recipe. / Use Meyer lemons if you can get them.

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