



Sweet Potato Apple Crisp

Apple combinations: Texture is an important part of a tasty apple crisp experience. Combine apples that are both crisp and soft when cooked. Honey Crisp/Cortland, Granny Smith/Macintosh, Spartan/Cortland. You can add or substitute other like fresh or frozen blueberries, cranberries, and rhubarb.

Makes one 9"X13" pan to serve 8

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

Filling

*8 large apples cored and cut into slices-yes, leave the peels on!

1 large sweet potato, peeled and cut into 1-inch cubes

1/3 cup sugar

2 tablespoons all-purpose flour

2 tablespoons apple cider vinegar

Whipped cream or sour cream for serving

Topping

1 ½ cups oats (rolled, not instant)

1/3 cup ground flaxseed or all-purpose flour

1 teaspoon cinnamon

3/4 cup light or dark brown sugar

¼ cup sugar

½ cup unsalted butter, cut into small cubes

Equipment for class

9x13 inch baking pan-glass or metal

Sauce pan-4qt

Medium bowl

Directions

Preheat the oven to 375°.

Filling

1. Place the cubed sweet potato into a sauce pan of boiling water. Bring back to a boil and cook potatoes until just tender, about 5-8 minutes. Strain the sweet potatoes.
2. Place the sliced apples, cooked sweet potatoes, sugar, flour, and apple cider vinegar into the baking pan and combine.

Topping

1. In a bowl, combine the oats, flaxseed, cinnamon, and sugars and toss until combined. Using your hands, work in the butter until the mixture comes together in moist crumbs.
2. Spread oat topping evenly over the apples and sweet potatoes.
3. Bake in the oven for 45 minutes or until the crumb mixture is golden brown. Let cool for 15 minutes before serving.

Serve with unsweetened whipped cream or sour cream on top

