



# APPLE-RASPBERRY NUT CRUMBLE

## Filling

2 teaspoons extra-virgin olive oil  
3 cups Granny Smith apples, peeled and sliced into 1/4-inch-thick wedges  
Pinch of sea salt  
1/4 teaspoon ground cinnamon  
1/8 teaspoon ground allspice  
Pinch of freshly grated nutmeg  
1 cup unfiltered apple cider  
1/2 teaspoon vanilla extract  
1 cup fresh or frozen raspberries

## Topping

1/2 cup coarsely chopped walnuts  
1/4 cup almond flour, homemade or store-bought  
1/4 teaspoon ground cinnamon  
3 tablespoons Grade B maple syrup  
1 tablespoon extra-virgin olive oil

## Directions:

Preheat the oven to 375°F.

To make the filling, heat the olive oil in a skillet over medium heat. (If you use an 8-inch ovenproof skillet, you can bake the crumble right in the skillet.) Add the apple slices and salt and sauté for 2 minutes. Add the cinnamon, allspice, and nutmeg and cook, stirring gently and frequently for 3 to 4 minutes. Add the apple cider and bring to a boil. Decrease the heat to low and simmer until the apples are tender, about 5 minutes. Remove from the heat and stir in the raspberries and vanilla. Transfer to a pie plate. (You can skip this step if using an ovenproof skillet.)

Meanwhile, make the topping. Put the walnuts, almond flour, and cinnamon in a small bowl and stir to combine. In a separate small bowl, whisk the maple syrup and olive oil together.

Pour into the walnut mixture and stir until well combined.

To assemble and bake the crumble, spoon the topping evenly over the filling. Bake for about 35 minutes, until the topping is golden and the filling is bubbly. Let cool for at least 10 minutes. Serve warm or at room temperature.

---

From *The Longevity Kitchen: Satisfying Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods* by Rebecca Katz with Matt Edelson.



SHARSHERET

NATIONAL OFFICE  
1086 Teaneck Road, Suite 2G  
Teaneck, New Jersey 07666

T | 866.474.2774  
E | [info@sharsheret.org](mailto:info@sharsheret.org)  
[www.sharsheret.org](http://www.sharsheret.org)