

## Wheat-Free Birthday Breakfast Crisp

Today is my birthday ... okay, I may be a wee bit older than the age at left, but this is cyberspace, so I can be whatever age I choose, right? Regardless, I felt the need to treat myself to a sweet delight, but I'm not really a cake fan. Really, birthday cake is a tradition I would be quite happy to forgo every year. However, one of my favorite desserts is apple crisp. Since I have been testing many recipes AND eating out a lot, I decided to go the "healthy" route with this treat, and make a crisp with just enough nutritional merit that it could technically be enjoyed in the morning hours. So last night, with a half a dozen organic apples and a bag of oats in hand, I threw together the lightly sweet apple crisp below ... and now I am enjoying it for breakfast ...

### Wheat-Free Apple Birthday Breakfast Crisp

- 1-1/2 Cups Rolled Oats
- 6-8 Tablespoons (up to 1/2 cup) Brown Sugar, Firmly Packed (I used just 6, but you may want more)
- 3/4 Teaspoon Cinnamon
- Pinch Salt
- 1 Tablespoon Pure Maple Syrup
- 1/4 Cup Margarine (softened) or Oil (I used coconut oil, but margarine would probably taste best)
- 5-6 Medium-Sized Apples

Preheat your oven to 375°.

Place 3/4 cup of the rolled oats in your spice grinder (you may need to do this in two batches), and blend the oats for 30 seconds or so, or until they turn into a fine powder or flour. In a medium-sized bowl, combine your freshly processed oat flour with the remaining rolled oats, brown sugar, cinnamon, and salt. Add the maple syrup and the margarine or oil, and cut everything together until large crumbs form. If the mixture is too wet, add some more oats or brown sugar ... to your liking.

Slice or chop the apples (I leave the peel on for more fiber) and place the apples in an 8- or 9-inch square baking dish. Sprinkle the crumble mixture over top of the apples, and bake for 35 minutes, or until the apples are nice and soft and the crisp is crispy (but not burnt of course!).