

Apple Crisp with Chinese Five Spice, Allspice, Cinnamon and Ginger

Ingredients

- 8 medium baking apples, cored, sliced thinly
- 2 handfuls raisins, golden or black (optional)
- 1 ½ lemon, juiced
- 2 cups oats (gluten-free if gluten sensitive)
- ¾ cup whole grain flour (gluten-free baking mix if gluten sensitive)
- ½ cup extra-virgin cold pressed olive oil
- 3 Tablespoons maple syrup or less, to taste
- 1 ½ teaspoons Chinese Five Spice blend
- ½ teaspoon allspice
- ½ teaspoon cinnamon
- ¼ teaspoon dried ginger powder
- ½ teaspoon sea salt
- ¼ cup sunflower seeds
- ¼ cup walnuts

Method

1. Preheat oven to 375 degrees.
 2. Mix raisins with apples then drizzle with lemon juice and spread about half in a deep 9 X 13 baking pan.
 3. Combine olive oil and maple syrup and then combine with oats, flour, nuts, seeds, salt and spices. Crumble half of this mixture on top of apples. Cover with the rest of apples then the rest of the topping.
 4. Bake 30 minutes, uncovered. Cover the crisp with foil if the top is starting to brown. Bake about another 10 minutes and check again. If the juices are bubbling at the bottom of the pan and the top is crisp, it's done.
 5. If you covered the pan with foil, remove foil and let crisp cool slightly before serving.
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Notes



Playing in the kitchen with my usual crisp recipe, it struck me that this was a good place to push the antioxidant level of this standard with a wider array of spices. Chinese Five Spice is a blend of anise, cloves, fennel, cinnamon and black pepper with a fragrant, slightly sweet and pungent presence.

With cloves, cinnamon and ginger all scoring very high on the ORAC score for antioxidant capacity, this recipe provides more than a pinch of the original superfoods - spices.

If you are sugar-sensitive, reduce the maple syrup and let the natural sweetness of baked fruit come through.

The sweet spices can be cloying if overeaten so a small portion is a good idea.

Source: [Mary Scott \(10 servings\)](#)