

## RECIPE: MAPLE APPLE CRUMBLE

- Apples (firm, tart, eg. granny smith), 6
- Raisins, 1/4 cup, (about 1.4 oz.)
- Freshly squeezed lemon juice, 2 tbsp., (1 small lemon)
- Maple syrup, 1/2 cup, (about 5.8 oz.)
- Ground cinnamon, 3/4 tsp.
- Cornstarch, 2 tbsp., (about .6 oz.)
- Xanthan gum, 1/4 tsp.
- Quinoa flakes, 1 cup
- Brown sugar (or maple sugar or sucanat), 3/4 cup, (about 5.8 oz.)
- Vegetable shortening (dairy-free, soy-free), 3/4 cup, (about 5.8 oz.)
- Brown rice flour (superfine), 4 cups, (about 1.4 lb. or 22.3 oz.)
- Potato starch (not potato flour), 1 1/3 cups, (about 6 oz.)
- Tapioca flour (also called tapioca starch), 2/3 cup, (about 3 oz.)