



## Amy's Apple Crisp

You've likely heard of smoking foods over mesquite wood. But did you know mesquite seeds can be ground into flour for baking, making tortillas, and thickening soups? Here, mesquite flour lends an earthy, nutty flavor to a Southwestern version of apple crisp. Native mesquite species thrive in extremely hot, dry climates like that of the Sonoran Desert, where Trust for Public Land has protected over 2,230 acres in Saguaro National Park.

### FILLING:

- 2 pounds apples, local organic heirlooms if possible
- 2 tablespoons orange or apple juice

### TOPPING:

- 1 cup mesquite flour
- 1 cup rolled oats
- 1/4 cup amaranth seeds
- 1/4 cup brown sugar
- 1/4 cup chopped pecans (optional)
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon cardamom, ground
- 1/2 cup (1 stick) butter
- 2 tablespoons milk (or nondairy substitute)

Preheat oven to 375 degrees. Core and thinly slice the apples (no need to peel them). Place sliced apples in an 8-by-8-inch greased baking dish and sprinkle with juice. Bake for 15 minutes.

Meanwhile, combine all topping ingredients in a food processor and pulse until mixed and slightly moist. Add more liquid if necessary. Remove the apples from the oven, spread the topping over the apples, and return to the oven. Bake for 30 minutes more or until the apples are tender and the topping is browned. Makes six to nine servings.

*Recipe contributed by Desert Harvesters and Amy Valdés Schwemm of Mano y Metate, both based in Tucson, Arizona.*



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