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Apricot Cherry Almond Crisp

Naturally Delicious Recipes • Janice Feuer-Haugen

Home Cooking—A Recipe for Living

“Cooking is probably the most important thing you can do to improve your diet. What matters most is not any particular nutrient, or even any particular food: it’s the act of cooking itself.”

—MICHAEL POLLAN

Sheltering in place these past few months has certainly given us many opportunities to cook. We’re cooking a lot, whether it’s perfecting omelets, making one-pot meals or executing grand kitchen projects, such as baking sourdough bread, exploring fermentation or making big batches of soup. I’m guessing that along the way, you, too, have also discovered the joy of cooking and connecting with food. To engage in meal preparation can often be a great de-stresser. It keeps us centered in the moment, while activating and delighting each of our senses with visuals, aromas, tastes, touch and sounds. At these times, home cooking truly becomes a recipe for living a life well-lived.

Honoring the Ingredients

Now that it’s officially summer, with its abundance and variety of fresh fruits, vegetables and herbs, it’s the perfect time for cooking simpler recipes that allow the beauty, taste and texture of each of the ingredients to shine. Summertime meals feature fresh produce in vegetable salads and fruit desserts; in dishes with lighter sauces, think pesto, vinaigrettes and salsas made in a food processor; and, in recipes with shorter cooking times, such as stir fries, pasta and anything grilled.

Apricot Cherry Almond Crisp from Summer’s Stone Fruit

Apricot Cherry Almond Crisp has all the juicy deliciousness of a pie in half the time. Velvety, smooth and tart-sweet golden-orange apricots contrast beautifully in color and taste with deep burgundy sweet cherries. Baked together they create a most gorgeous and luscious filling that gets covered with a lightly



sweetened, crisp and crumbly almond and oatmeal topping. Without a bottom crust and with oats and oat flour in the topping, this summer dessert is also gluten-free.

Cherries, plums, apricots, nectarines and peaches—summer’s stone fruits with their large and hard center seed all belong to the same botanical family. You can easily substitute any of summer’s other stone fruit in place of either or both the apricots and cherries in this easy, delicious and healthy fruit crisp.

Good-for-You Cherries and Apricots

The Flathead Lake area of Northwestern Montana has grown cherries since 1866. And what big, succulent, flavorful, luscious cherries they are. In Montana, these are the cherries we wait for every year. They’re in our farmers’ markets and local grocers from late July through August.

Cherries are rich in potassium, fiber, vitamin C and antioxidants, which are linked to reduced inflammation, improved vision and the warding off of chronic illnesses such as heart disease, cancer, diabetes and obesity. Also, their impressive melatonin content helps improve sleep quality.

In season from late May through August, apricots are one of the first signs of summer. Originally from China, they were brought to Europe by Greeks, who poetically called them “golden eggs of the sun.”

Recipe on next page...

In the United States, these golden eggs of the sun most appropriately come from the sunny orchards of the Golden State, California.

Nutritionally, apricots are considered an excellent source of dietary fiber, antioxidants, vitamins A and C, and minerals, including potassium, iron, zinc, calcium and manganese. They also contain numerous phytochemicals that have been found to help prevent heart disease, reduce cholesterol levels and protect against a number of types of cancer.

Now, dear readers, go cook something wonderful! ♥

Apricot Cherry Almond Crisp

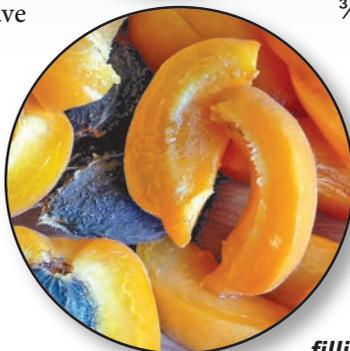
Rich, succulent apricots and cherries make the season's tastiest crisp. The honey-sweetened topping is made gluten-free with slivered almonds, oat flour and rolled oats. Serve **Apricot Cherry Almond Crisp** warm, room temperature or chilled with an optional dollop of Whipped Coconut Cream, vanilla yogurt, or a scoop of ice cream.

*Makes One 7" x 9" baking dish
6-8 servings*

*Start to Finish: 1 hour, 15 minutes
(including 45 minutes baking time)*

APRICOT CHERRY FILLING

- 1 tablespoon organic cornstarch
- 2 tablespoons light, local honey
- 8–10 large apricots
- ½ pound large, dark, sweet cherries (preferably Montana Flathead cherries)



ALMOND OAT CRISP TOPPING

- ⅓ cup slivered almonds
- ⅓ cup oat flour
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- 3 tablespoons light, local honey
- 2 ounces cold butter *or* coconut oil, cut into ½ inch pieces
- ¾ cup old-fashioned rolled oats

INSTRUCTIONS

- 1) Heat the oven to 350 degrees.
- 2) Bake the slivered almonds until lightly toasted, about 5 minutes. Set aside to cool.
- 3) **To prepare the apricot cherry filling**, place the cornstarch and honey in a large mixing bowl. Use a rubber spatula to combine them.
- 4) Halve, pit and slice the apricots ½ inch thick. You should have about 4 cups. Toss the sliced apricots with the cornstarch and honey mixture. As the honey draws out the juices from the apricots, it will become easier to toss.
- 5) Stem, halve and pit the cherries. Mix the cherries together with the sliced apricots.
- 6) Transfer the fruit and all the juices to a 7 x 9-inch baking dish.
- 7) **To prepare the crisp topping**, combine the oat flour with the cinnamon, cardamom and honey in the bowl of a food processor. Use the pulse button to mix until crumbly.
- 8) Add the cold butter *or* coconut oil, rolled oats and toasted almonds to the flour mixture. Use the pulse button to distribute the butter, yet keep the crisp topping chunky.
- 9) Evenly distribute the topping over the fruit.
- 10) Bake for 25 minutes. Turn the baking dish 180 degrees. Bake another 20 minutes until the topping is golden brown and the filling is bubbly.

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