

Desserts

## Wild Apple Crunch

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**Serves:** 8

**Preparation Time:** 15 minutes

**Ingredients:**

6 apples, peeled and sliced

3/4 cup chopped walnuts

8 dates, pitted and chopped

1/2 cup raisins or currants

3/4 cup water

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

juice of 1 orange

**Instructions:**

Preheat oven to 375 degrees F.

Combine all ingredients except the orange juice. Place in a baking pan and drizzle the orange juice on top.

Cover and bake at 375 degrees for about one hour until all ingredients are soft, stirring occasionally.

Note: You can also simmer this in a covered pot for 30 minutes on top of the stove, stirring occasionally.

**Per Serving:**

CALORIES 192; PROTEIN 3g; CARBOHYDRATES 33g; TOTAL FAT 7.5g; SATURATED FAT 0.7g; SODIUM 3mg; FIBER 5.3g; BETA-CAROTENE 45ug; VITAMIN C 11mg; CALCIUM 33mg; IRON 0.9mg; FOLATE 19ug; MAGNESIUM 32mg; ZINC 0.5mg; SELENIUM 0.8ug

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