



**ALASKA CENTER
FOR ACUPUNCTURE**

Apple Cobbler

Serves 6, from “Nourishing Traditions” by Sally Fallon & Mary Enig

8 tart apples
Juice of 1-2 lemons (lime is OK too)
Grated rind of 1 lemon (lime rind OK too)
1 tablespoon Arrowroot powder* (see below)
2 tablespoons Rapadura (dehydrated sugar cane juice – can also use turbinado sugar or Sucanat, or organic sugar)
½ teaspoon cinnamon
¾ cup crispy almonds* (see below)
¾ cup arrowroot or bulgur flour
6 tablespoons butter, softened
¼ Rapadura
¼ teaspoon sea salt
1 teaspoon vanilla extract

Peel and core apples and cut into slices. Toss with lemon juice. Mix Rapadura, lemon rind, arrowroot and cinnamon together and toss with the apples. Place in a buttered baking or soufflé dish. Place almonds in a food processor and process to a powder. Add butter, arrowroot or bulgur flour, Rapadura, vanilla and salt and process until smooth. Crumble this mixture on top of the apples. Bake at 350 degrees for 1 hour. Serve with whipped cream.

Variation: Peach Cobbler

Use 8 ripe peaches in place of the apple.

Variation: Blueberry Cobbler

Use 6 cups blueberries in place of apples and omit cinnamon

Sam’s Variations:

I have used this recipe with all kinds of berries from fresh to frozen. You can even prepare it with a combination of strawberries and rhubarb – just make sure to cook the rhubarb a little first, because the hour cooking time is not necessarily enough to cook the rhubarb on its own. **Most often I use mixed frozen organic berries and leave out the cinnamon.**

If you don't want to make the crispy nuts, regular nuts work fine. I prefer pecans to almonds for the buttery flavor, but a combination of half almonds, half pecans also works well. Walnuts also taste good. And I have made a half almond, half shredded coconut version as well.

As far as sweetener goes, I usually substitute organic maple syrup for the Rapadura, and I use less. If the berries seem tart, I might pour a couple of tablespoons of maple syrup on top before cooking, but I use very little in the crumble, more like 1/8 cup instead of 1/4 cup of Rapadura. Be aware that using the maple syrup in the crumble changes the texture a little, so you may need to add more nuts or arrowroot to keep it crumbly. I have not tried honey, which tends to be sweeter, so I would also recommend using it sparingly to start.

Crispy Almonds – Makes 4 cups

Benefits of soaking, sprouting and roasting nuts = they are more digestible, nutritious, and contain less “anti-nutrients” such as enzyme inhibitors, so they are less hard on the mouth and digestive organs.

4 cups almonds, preferably raw and skinless

1 tablespoon sea salt

Filtered water

Skinless almonds will still sprout, indicating that the process of removing their skins has not destroyed the enzymes. (the skins are probably removed by a machine process.) Skinless almonds are easier to digest and more satisfactory in many recipes. However you may also use almonds with the skins on.

Mix almonds with salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain in a colander. Spread on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) for 12 -24 hours, stirring occasionally, until completely dry and crisp. Store in an airtight container.

Variation:

This recipe works well with pecans, walnuts, raw peanuts, hazelnuts, and cashews \

***Arrowroot**

(From “Nourishing Traditions” by Sally Fallon and Mary Enig)

Arrowroot flour, the only starch with a calcium ask, is a nutritious food, obtained from the fleshy root stock of a tropical American plant. It is an easily digested food well fitted for infants and the convalescent.

It resembles cornstarch in being white, fine and powdery. When heated in water in certain portions, it thickens to form a jelly, an excellent thickening agent. It is also considered ore desirable for gravies, sauces and pastries than some of the more common

starches and flours. It is used primarily for food in dietetic use, where it enjoys a reputation for smoothness and palatability.

Arrowroot was once widely used in baby formulas as a superior carbohydrate, experience having shown it agreed with babies better than any other starch or sugar. We now find the reason. It is the only starch product with a calcium ash. In this regard, the calcium chloride, in the form of calcium found in arrowroot starch, is very important for the maintenance of proper acid and alkali balances in the human body.

Arrowroot only thrives on tidal flats where the sea minerals are available. Its known health-building properties may be due to trace minerals from the sea, as well as from the calcium it gets from the sea water. If it is used in ice cream formulas in place of cornstarch, arrowroot imparts a vanilla-like flavor and a smooth texture. Arrowroot as it comes to you is not a refined product.; it is simply the dried and powdered root *Royal Lee, DDS Journal of the National Academy of Research Biochemists.*