

Apple Squares

Created by Jackie Graff
Sprout Raw Food

Serves 8

4 – 6 golden delicious or fuji apples peeled or cored
1 teaspoon sea salt
2 teaspoons cinnamon
4-6 medjool dates, soaked 1 hour and drained
1 teaspoon vanilla powder
1/2 cup raisins
1 - 2 teaspoons flax seed, ground fine
1/2 cup walnuts chopped

1. Place 1/3 of the apples, salt, cinnamon, dates, and vanilla powder in food processor.
2. Process until mixture is almost the consistency of applesauce.
3. Continue adding apples, processing only until apples are chopped into small to medium sized pieces. Add raisins.
4. Stir in ground flax seeds and mix well and let this sit for 15 minutes. The raisins and flax seeds will soak up the juice from the apples.
5. Sprinkle chopped walnut on bottom of pan, spread apple mixture and top with more walnuts.