



Angèle's Maple and Apple Jars

Recipe Gluten-free, dairy-free (casein-free),
hypotoxic and vegan

By: Cuisine L'Angélique

PORTIONS: 8

PREPARATION: 30 MINUTES

COOKING: 20 MINUTES

INGREDIENTS

- 400 g (1 1/4 cups) maple syrup
- 125 g (1/2 cup) plant-based milk substitute
- 35 g (1/4 cup) margarine
- 60 ml (4 tbsp) organic cornstarch diluted in the same amount of water
- 1 large or 2 medium Cortland apples, peeled and thinly sliced
- 5 ml (1 tsp) lemon juice
- Water for cooking
- 50 g (1/2 cup) walnuts or pecans, chopped
- 15 ml (1 tbsp) maple syrup

PREPARATION

1. Pour maple syrup and plant-based milk substitute into a medium saucepan. Add margarine and bring mixture to a boil.
2. Add the cornstarch mixture, stirring constantly with a whisk. Reduce heat and simmer until thickened, continuously stirring. Remove from heat and place pan in the sink. Run cold water into the sink (outside/around the pan) to cool the mixture.
3. Place apples in a frying pan. Add lemon juice and just enough water to cover the apples.
4. Bring to a boil and simmer over low heat for a few minutes, until apples are tender.
5. Remove from heat, drain and place apples on a plate covered with paper towels to absorb excess water. Set aside.
6. In a frying pan, dry-grill nuts over low heat (make sure they don't burn). Add maple syrup, stirring constantly, just enough to caramelize the nuts. Set aside.
7. To fill the jars, simply proceed as follows: place part of the maple mixture in the bottom of a jar (or a cup), add the apples, half the nuts and cover the maple mixture. Sprinkle the remaining walnuts on top.
8. Refrigerate for a minimum of 4 hours or until cold.



Anyone with a sweet tooth will love this!