

Apple and Persimmon Cobbler

(Adapted from the Healing foods cookbook)

To make the filling:

Peel, remove seeds, and thinly slice:

4 Japanese Persimmons (I use Fuyu)

4 Apples (I use 2 golden delicious)

Put fruit into a medium sized mixing bowl and then stir in:

1 Tablespoon Honey

1 teaspoon Ground Cinnamon

1/4 teaspoon Ground cloves

Coat a 9 inch pie pan (I use a glass pan)with a small amount of Olive

Oil.(I just wipe on with a paper towel, or skip the oil all together.)

Add filling, mounding it to fit in pan.

Bake 350°F for 40 minutes.

To make the topping:

In a medium bowl, mix:

1/2 cup rolled Oats

1/2 cup finely chopped Almonds (I used a blender)

2 Tablespoons Whole Wheat Flour

1/2 teaspoon Ground Cinnamon

2 Tablespoons Honey

2 Tablespoons Butter (softened)

1 Tablespoon Olive Oil

Mix until well blended.

Remove the pie from the oven and add the topping

Bake for an additional 20 minutes or until crisp.