

Apple Crumble

Ingredients

Filling

6 medium-sized apples (I love to use pink lady or golden delicious)

A generous splash of apple juice or water

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

Crumble topping

1 1/2 cups organic rolled oats (150 g)

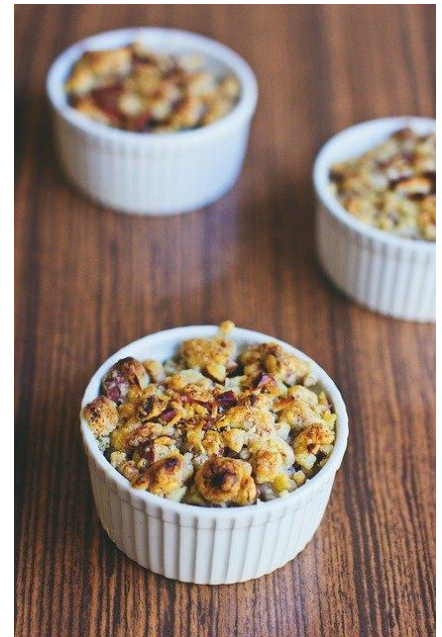
1/2 cup (50 g) organic desiccated or flaked coconut

1/2 teaspoon ground cinnamon

1 teaspoon vanilla extract, paste

1 - 2 tablespoons organic maple syrup (optional)

3 - 4 tablespoons extra virgin olive oil, coconut oil or butter



*Recipe from Teresa Cutter
at HealthyChef.com*

Directions

- 1) Wash the apples.
- 2) Cut into wedges or dice with the skin left on - make sure to remove the centre.
- 3) Place the apples into a large, heavy-based pot.
- 4) Combine with the apple juice or water, vanilla and cinnamon.
- 5) Cook over medium heat for about 15 - 20 minutes - occasionally stirring until the apples have completely softened and collapsed. Taste them and adjust the level of cinnamon etc.

To make the crumble:

- 6) Combine rolled oats, coconut, cinnamon, vanilla, maple syrup and olive oil then rub ingredients together with your fingers to combine.
- 7) Preheat your oven to 160 C. Fan forced.
- 8) Pile your apple mixture into a suitable sized baking dish.
- 9) Scatter the crumble over the top.
- 10) Bake for 30 - 40 minutes or until the crumble is golden.
- 11) Remove from the oven and serve with thick Greek-style yoghurt.

Want an alternative? Try these ideas:

- For a gluten-free crumble, use 150 g of almond meal or flaked almonds in place of the oats
- Use pear in place of apple

More recipes can be found on: www.nukuora.org.nz