

## Apple or Pear Crumble

Time to prepare: 35 mins

Serves: 4

### **Ingredients:**

4-6 apples (or pears), peeled and sliced (or 1 kg tinned apples)

½ cup plain flour

½ cup shredded coconut

½ cup nuts (e.g. walnuts, macadamias, or cashews), roughly chopped

1 tsp cinnamon

1 tsp ground ginger

1 cup oats or natural muesli

3-4 tbsp olive oil or Nuttelex

*(or 3-4 tbsp honey to bind crumble topping)*



### **Method:**

1. Pre-heat oven to 180°C.
2. If stewing fresh apples, place a medium-sized saucepan over medium heat and add apples and ¼ cup water. Simmer for 5 mins or until apples are soft but still hold their shape.
3. Divide fruit between 4 individual dishes, or one large dish.
4. In a bowl, combine dry ingredients (flour, oat, nuts, ginger and cinnamon).
5. Mix in olive oil (or honey) until mixture looks crumbly.
6. Scatter topping evenly over the fruit. Bake for 25 minutes.