

Apple & oat crumble

SERVES - 6

NUTRITION PER SERVING

Fat: 11 g

Carbs: 26 g / Fibre: 6 g (Net Carbs: 20 g)

Protein: 3 g

Apple crumble with a low carb twist. Nothing says autumn quite like warm spiced apples. We are going to minimise the sugar content by mixing in another ingredient - courgette.

Simple and delicious. Serve with whipped cream and elderberry tea with raw honey to give your immune system a boost, as the temperature drops and cold and flu season approaches.

INGREDIENTS

- 400 g cooking apples
- 200 g courgette
- 100 - 200 ml water
- 2 t cinnamon

- 100 g oats
- 50 g chopped nuts
- 50 g butter

METHOD

1. Preheat the oven to 180°C / 350 F.
2. Core apple and cut into cubes leaving skin on.
3. Cut the courgette into cubes leaving skin on.
4. Add apples and courgette to a pan with the water, cinnamon and simmer on low for 15 mins - stir regularly.
5. In a mixing bowl, mix together oats, chopped nuts and soft or melted butter.
6. Spread the apple mixture into an oven proof dish.
7. Top with oat mixture and bake for 25 mins.
8. Serve hot with whipped cream or coconut cream.