

Spiced apple & oat crumble

SERVES - 6

NUTRITION PER SERVING

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Fat: 21 g

Carbs: 33 g / Fiber: 7 g (Net Carbs: 26 g)

Protein: 7 g

This crumble is nutty, buttery and delicious and so easy to make. There is no additional sugar added, just a tiny amount of maple syrup. The topping is wheat and gluten free.

This recipe is high in fibre, making it a great dessert option for balanced blood sugar and gut health. I haven't added additional sweetness to the apple mix, I think the sharpness works well. If you want to add more sweetness you can add raisins to the apple mixture or serve with custard for a sweet - sour contrast.

INGREDIENTS

- 1 kg Bramley apples (3 large cooking apples)
- 2 t ground cinnamon
- 1/4 t ground allspice
- 1/4 t ground cloves

- 100 g ground almonds
- 100 g oats
- 50 g roughly chopped walnuts
- 50 g butter
- 1 T maple syrup

METHOD

1. Pre-heat oven to 180°C / 350 F.
2. Wash, core and slice apples leaving the skin on.
3. Cut apples into chunks, I cut each apple into 24 pieces.
4. In a large pan add apple chunks, water and spices, and stew for 25 mins, stirring regularly.
5. In a large mixing bowl, mix ground almonds, oats and chopped walnut pieces.
6. Mix in oats and chopped walnuts and spread oat topping over apple slices.
7. Melt butter in a small pan and once melted stir in maple syrup.
8. Pour over oat mixture and mix thoroughly.
9. Add partially stewed apples to an overproof dish.
10. Top with oat mixture and bake for 30-40 mins, till golden on top.
11. Serve hot with cream or custard.