

SPEEDY SPICED APPLE CRUMBLE

Ingredients:

Topping:

1 tbsp coconut oil (or soft butter)
1 tsp molasses or honey
2 tbsp desiccated coconut
2 tbsp flaked almonds
2 tbsp mixed nuts
1/2 tsp ground ginger
1/2 tsp cinnamon
5 tbsp rolled oats

Base:

6 apples
1/2 tsp cinnamon
1/2 tsp ground nutmeg
or pinch of all spice
1 tbsp honey or maple syrup
Blackberries (optional)

Preparation time: 10 minutes

Cooking time: 35 minutes

Serves: 4-8

Preheat oven to 180°C (fan 160°C / 350°F / gas mark 4)

Recipe rewards



1. Peel, core and slice apples.
2. Place in a pan with spices, add half a cup of water and allow to bubble on a low heat for 12-15 minutes. Stir occasionally and if it seems dry, add a dash more water.
3. Once the apples break apart it's ready to stir into a *purée. Remove from the heat and pour into an ovenproof dish. Drizzle with honey or maple syrup and sprinkle on some blackberries if you have them.
4. For the topping, put everything into a food processor and blitz together.
5. If you don't have a food processor, put the mixed nuts into a bag and bash with a rolling pin! Mix the dry ingredients together in a bowl. Melt the butter and molasses or honey, and pour over the dry ingredients.
6. Spread over the top of the base fruit layer. Bake in the oven for about 20 minutes until the topping is golden.



*Purée: a finely ground paste made from cooked food.