

MARCH 2024

apple & berry crumble

Serving suggestion: 4 people Preparation time: 25-30 minutes

Ingredients

Fruit base

4-5 Granny Smith apples, peeled, cored and diced.

1 cup frozen or fresh berries (blueberries, raspberries, blackberries work well)

4 tbsp caster sugar

2 tbsp water

1 tbsp corn flour

Juice of 1/2 a lemon

Perfect, and simple crumble

1 cup rolled oats (quick oats can be used as an alternative)

1 cup plain flour

1 cup brown sugar

- 1/2 cup coconut oil
- 1 tsp baking powder
- A pinch of salt

Method

Begin by preheating your oven to 180 degrees.

Next, add your diced apple, lemon juice, caster sugar, water and corn flour all into a small saucepan and cook with a lid on medium low heat until only just tender (10 mins roughly). Remove from heat, then stir through your berries and place in a medium sized baking dish.

For the simple crumble, blend coconut oil, flour, baking powder and sugar quickly until you achieve a sandy texture. Then pour into a bowl and combine in the oats. Crumble this mixture on-top of the fruit, then bake in your oven for 30-40 minutes, or until golden and crisp on top.

Serve this comforting dessert with your choice of ice cream for the ultimate home dessert experience.



