



Tangy Apple Crumble

Makes: 20x20cm area

Serves: 6x 1 cup

Ingredients:

1 large can pie apple slices	(820g)
1 Tbsp fresh lemon zest	(N/A)
2 Tbsp honey	(40g)
2 Tbsp lemon juice	(30g)
1 ½ cups oat flour	(150g)
½ cup whole grain flour (wheat, rice, etc.)	(80g)
½ cup almond meal	(50g)
½ cup desiccated coconut	(40g)
1/3 cup water	(83mL)
2 Tbsp honey	(40g)
¼ tsp salt	(<1g)

Method:

1. Combine apple, lemon zest, 2 Tbsp honey and lemon juice. Spread over the base of a 20 x 20cm baking dish.
2. Mix oat flour, whole grain flour, almond meal, and coconut. Dissolve 2 Tbsp honey and salt in water and add to the flour mixture. You should be able to clump the topping into a ball and then easily break it into crumbles by rubbing through your hands. If the topping is too dry to achieve this, add a little more water, 1 tbsp at a time until the above consistency is reached.
3. Spread the topping over the apple. Bake the dish at 180°C for about 30 minutes until the crumble topping is golden.

Tip: Blend rolled oats in a dry blender to make oat flour. For gluten free, omit oats and double the GF flour, almond meal and coconut.