

Mother Nature's Apple Crumble"

balancedmotionblog.wordpress.com

Servings: 8 small servings

Ingredients

Apple filling:

- 6 to 7 heaping cups peeled and chopped baking apples
- (Honeycrisp, Granny Smith, or Gala apples for best results)
- ~ approximately 6 to 7 apples ~
- 1 Tablespoon arrowroot or cornstarch powder
- 1/3 cup Sucanat or other granulated sugar
- 1 Tablespoon Chia Seeds
- 1 Teaspoon ground cinnamon
- 1 Tablespoon fresh lemon juice

Topping:

- 1 cup gluten free rolled oats
- 1 cup thinly sliced almonds
- 1/3 cup almond flour
- 1/4 cup pure maple syrup
- 1/4 cup coconut oil, melted
- 2 Tablespoons unsweetened shredded coconut (optional)
- 1 Teaspoon cinnamon
- 1/4 Teaspoon fine grain sea salt

Steps

1. Preheat the oven to 375 degrees. Lightly grease an 11 by 9 inch baking dish.
2. Make the apple filling: place the apples in a large bowl and sprinkle the arrowroot powder on top. Toss until combined. Stir in the sugar, chia seeds, and cinnamon. Add the lemon juice and stir to combine. Pour the apple mixture into the prepared dish and smooth it out evenly.
3. Make the Topping: in a large bowl (you can use the same one you used for the apples), stir together the oats, almonds, almond flour, maple syrup, melted coconut oil, shredded coconut, (if using), cinnamon, and salt until thoroughly mixed.
4. Sprinkle the oat mixture all over the apple mixture in an even layer.
5. Cover the dish with foil and poke a couple of air holes in the foil. Bake for 35 to 45 minutes, until the apples are just fork tender. Uncover the dish and bake for 10 to 15 minutes more, until the topping is golden and fragrance.
6. Serve with a scoop of dairy free vanilla ice cream if desired. (Nutritional information does not included Ice Cream) The leftovers are fantastic cold, straight from the fridge, or you can reheat it in the oven for 15 to 20 minutes. It's healthy enough for breakfast the next day too!