

TASTE WITHOUT WASTE

Apple Crumble

Serves 3 (or 4 dainty serves)

Ingredients

450g apples peeled, cored & thinly sliced
2 tbsps water
¼ cup wholemeal flour
¼ cup rolled oats
2 tbsps shredded coconut
2 tbsps chopped pecans
¼ tsp ground cinnamon
1/8 tsp ground nutmeg
15g butter, melted
2 tbsps maple syrup
¼ tsp vanilla essence

Method

Preheat the oven to 200C. Grease a 1 litre (4 cup) capacity oven-proof dish. Place sliced apples and the water in a small pot. Cover and simmer over a medium-low heat for 10 minutes or until just tender, stirring every now and then.

Meanwhile, place the dry ingredients in a bowl and whisk together to combine.

In a separate small bowl whisk together the melted butter, maple syrup & vanilla essence. Pour over the dry ingredients and use a fork to work it in to form a just moist mixture.

Bake for 20 minutes or until bubbling and the top is golden brown and crisp.

Serve with vanilla ice cream or custard.

Source: A Taste Without Waste original.

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