

# Apple Crumble



- 6 pink lady apples
- 1 cup 100% apple juice
- 1 tsp vanilla extract, paste or vanilla bean
- ½ teaspoon ground cinnamon
- Crumble topping:**
- ½ cup walnuts
- ½ cup almonds
- ½ cup flaked coconut
- 2 x ½ tsp ground cinnamon
- 1 tsp vanilla extract, paste or bean
- 2 tablespoon of maple syrup
- 2 tablespoon of coconut oil

Serves 6

Cut apples into wedges, leaving skin on for extra fibre and removing the core.

Place the apples in a large saucepan with apple juice, vanilla and cinnamon.

Cook over medium heat for 20 minutes, stirring occasionally. Lid on for the first 10 minutes, then removed for the last 10 minutes.

To make the crumble, combine the nuts, coconut, cinnamon, maple syrup and coconut oil and blitz for a few seconds.

Spoon the cooked apple in to a suitable size pie dish and scatter the crumble on top.

Pop in a pre-heated oven at 160°C and bake for 30 minutes until crumble is golden and crunchy.

Top with your choice of cream, yoghurt, custard or even coconut cream.