



Apple crumble



Chef Teresa Cutter (Australia)

Serves: 8

Ingredients:

For the filling

6 medium apples
(approximately 1 kg)
1 cup (250 ml) apple juice
1 tsp vanilla extract or 1 vanilla pod
¼ teaspoon ground cinnamon
Juice from ½ orange

For the crumble

1 ½ cups (120 g) quinoa flakes
½ cup (50 g) organic coconut flakes
½ tsp ground cinnamon
1 tsp vanilla extract or 1 vanilla pod
3 tbsp organic maple syrup
3 tbsp macadamia nut oil or coconut oil
½ cup (50 g) walnuts or macadamia nuts
(optional)

Preparation:

- Wash the apples, seed and cut into segments without peeling.
- Place the apples in a large thick-bottomed pot.
- Add the apple juice, vanilla, cinnamon and orange juice.
- Cook on medium-low heat for 20 to 30 minutes, stirring occasionally, until the apples are very soft. Cover the pot for the first 10 minutes of cooking, which allows more liquid to be released from the apples and helps to keep them moist. Remove the lid for the last 10 minutes of cooking, if necessary, which helps the excess moisture to evaporate.
- To make the crumble, combine the quinoa with the coconut, cinnamon, vanilla, maple syrup, oil and walnuts in a food processor.
- Blend this mixture for a few seconds or until the ingredients are well mixed and crumbly. Taste and adjust as necessary.
- Preheat the oven to 160 °C.
- Place the apple mixture in a suitably sized baking dish and cover with the crumble.
- Bake for 30 minutes or until the crumble is golden brown.
- Remove from the oven and serve alone or with custard, yoghurt or coconut cream.



Tip:

Add a handful of raspberries or blueberries to the apple. Some of the apples can be replaced with 2 to 3 peaches cut into segments.