



VEGAN



SERVINGS: 8



60 MIN

RECIPE OF THE MONTH OF SEPTEMBER: GLUTEN-FREE BLACKBERRY & APPLE CRUMBLE

INGREDIENTS

Topping:

- 90 g oats (or oat flour for a smoother texture)
- 50 g almond flour
- 60 g arrowroot powder (or tapioca starch)
- 75 g coconut sugar or brown sugar
- 150 g vegan butter, (or coconut oil)
- ½ teaspoon ground cinnamon
- pinch of salt

Filling:

- 2 regular apples, cored and cut into large cubes
- 200 g fresh or frozen berries
- 1 teaspoon coconut or brown sugar, (or maple syrup)
- 1 tablespoon water

DIRECTIONS

1. Preheat the oven to 180°C and grease a baking dish.
2. For the crumble, mix 90g oats, 50g almond flour, 60g arrowroot powder, 75g sugar, 150g butter or coconut oil, 1/2 tsp cinnamon, and a pinch of salt. Rub the dry ingredients into the butter; lumps are okay.
3. For the filling, mix 2 apples, 200g berries, 1 tsp sugar, and 1 tbsp water in a bowl.
4. Add the filling to the dish, top with crumble, and sprinkle with sugar and cinnamon.
5. Bake for 40-45 minutes until the topping is brown and the juices bubble.
6. Cool slightly before serving.

NOTES

- Serve with cream or ice-cream (vegan).
- This is a very adaptable recipe, and you can substitute the fruits or, use a plain gluten-free flour mix in place of the arrowroot and/or the ground almonds.
- Do not expect the topping mixture to go into a breadcrumb texture like non-vegan crumble or pastry. The vegan butter or coconut milk both melt too quickly and do not hold together to make the breadcrumb texture.