

Apple & Berry Crumble

Prep 10 mins | Bake 40 mins | Serves 8

GF* NF SF*

Try this old school 30 year old crumble recipe, using just 5 simple ingredients. It's high-fibre, low in total sugars, and makes a great breakfast with coconut yoghurt and plant milk. Or vamp it up with vanilla ice cream for a healthy plant-based dessert.



- 5 c rolled oats (wholegrain/jumbo)
- 6 apples (Granny Smith)
- 3 c frozen berries (boysenberries, blackberries, raspberries, or blackcurrants)
- $\frac{3}{4}$ - 1 c brown rice syrup
- $\frac{3}{4}$ c light olive oil

- 01** Preheat oven to 130°C fan bake. Pour oats into a baking dish so the base is covered 1-2 cm. Remove the oats to a large bowl, then use the empty dish to estimate how many apples you need (enough to fill the dish - we used 6).
- 02** Chop the apples, place in dish, then cover with frozen berries.
- 03** Heat rice syrup and olive oil in small pot on the stove, stirring constantly. Pour over oats and mix well to combine. Layer over apple and berry mix, then bake for 30-40 mins until top is golden all over, turning the dish once half way through cooking so it browns evenly. Turn the oven off and let it sit there for 10-20 minutes to continue steaming inside. Then bring out to allow top to go crunchy.
- 04** Serve with some creamy plant-based milk and/or coconut yoghurt, and a scoop of vanilla ice cream if you want to make it more of a dessert.

* See the Notes section inside Cooking School for dietary substitutions, tips, and more.