

WINTER RECIPE – Sharnell Lawrence

APPLE AND RHUBARB CRUMBLE

Crumbles are a great winter warmer. This recipe uses natural sweeteners and nuts and seeds in the topping making it a little healthier than the traditional crumble.

I even like this crumble for breakfast with a dollop of yoghurt!

INGREDIENTS Use organic where possible.

5 apples sliced (if not organic peel them)
3 sticks rhubarb cut into 1cm pieces
¼ cup apple juice
Pinch of sea salt (brings out the sweetness of the fruit)
2 cinnamon sticks
1 star anise
Zest of one orange
1 tbs arrowroot dissolved in 2tbs of water

TOPPING

1 cup rolled oats
½ cup wholemeal spelt flour
½ cup almonds roughly chopped
¼ cup walnuts roughly chopped
¼ cup sunflower seeds
2tbs sunflower oil
2tbs maple syrup or rice syrup
¼ cup apple juice
½ tsp vanilla essence

METHOD

Put the sliced apples with the cinnamon sticks, star anise, salt and apple juice in a saucepan and bring to the boil. Cover and simmer on low for 10 minutes. Add the rhubarb and simmer for a further 5 minutes. Then stir in the dissolved arrowroot and orange zest and remove cinnamon sticks and star anise. Put this mixture into a lightly oiled baking dish.

For the topping, mix all dry ingredients together, place on a baking tray and lightly roast for 10 to 15 minutes. Add the oil, syrup, apple juice and vanilla essence to the dry ingredients and mix well. Sprinkle this mixture over the apple and rhubarb and bake at 180 for 15 to 20 minutes or until golden. Serve with yoghurt or cream.