

# FRUIT CRUMBLE

## INGREDIENTS:

- 1 cup all-purpose flour (or rice flour, quinoa flour, etc.)
- 2 cups oats
- 1 cup brown sugar (or 1/3 cup honey or maple syrup)
- 1/4 teaspoon salt
- 1 cup cold unsalted butter, cut into 1/2-inch cubes
- 1/2 cup sliced almonds, pumpkin seeds, sunflower seeds (optional)
- 
- 2 lbs apples, peaches, berries, nectarines, plums or apricots or a combination of this fruit, pitted & cut into 1/2-inch-thick wedges
- Depending on the fruit, you may need a few spoons of honey or maple syrup or a thickener, such as chia, ground flax, cornstarch or flour
  
- Serve with
- Whipped coconut cream
- vanilla ice cream OR
- Whipped cream OR
- Yogurt or Kefir sweetened with honey

## METHOD:

1. Preheat the oven to 375 degrees.
2. Mix the fruit, add a bit of honey or maple, and thickener of your choice if using "watery" fruit.
3. To make the crumble, mix all the remaining ingredients in a food processor or rub between your fingers until the mixture resembles breadcrumbs.
4. Pat crumble mixture on top of fruit,
5. Bake for 35-40 minutes.