

# SUPER EASY HEALTHY APPLE CRUMBLE

Instead of spending all your time preparing the apples for this crumble, simply pop them in your Kleva Safety Slicer™ and julienne perfect even strips for this delicious dessert, even with the skin on.

Almond meal replaces white refined flour, coconut sugar replaces brown sugar and coconut oil replaces butter in this healthy version of this delightful classic.



Serves 4

Prep: 10min  
Cook: 40min

Dial: 5

Red: ON  
Green: ON



## Ingredients

- 22x33cm baking dish
- 5 medium pink lady apples
- 1 tsp cinnamon
- ⅓ cup coconut sugar
- juice, ½ orange
- zest, 1 orange
- *For the crumble:*
- 1 cup almond meal
- 1 cup rolled oats
- ⅓ cup coconut sugar (or brown sugar)
- 1 tsp cinnamon
- ¼ cup coconut oil (room temp – not melted)
- pinch of salt
- pinch of nutmeg
- *Toppings (Optional)*
- Ice-cream, cream, yoghurt, berries

## Method

1. Preheat oven to 175C.
2. Spray a 22x33cm baking dish with coconut oil (or butter).
3. If you have an apple corer, core the apples. If not then simply cut apples in half and cut out the core. Place apples upright with the smaller side (quarter side) facing the blade. Red and green buttons should be left and in the ON position and the dial should be on 5.
4. Place julienned apples in a large bowl and top with cinnamon, coconut sugar, orange juice and zest. Mix well.
5. Spread out in the baking dish.
6. Add almond meal, rolled oats, coconut sugar, cinnamon, salt and nutmeg to bowl and stir.
7. Place coconut oil in bowl and using hands mix crumble mixture together until crumbly. Don't be afraid to get in there and get dirty!
8. Sprinkle crumble mixture on top of apples.
9. Bake for 40 minutes.
10. Serve warm with toppings of choice - ice cream, cream, yoghurt, berries, maple syrup