

Apple Crumble



PREP TIME:
15 MINUTES

COOK TIME:
45 MINUTES

TOTAL TIME:
60 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 8-10 Servings

Dry Ingredients:

- 1 ½ Cups Gluten Free All-Purpose Flour (*I used 1 Cup King Arthur Brand & ½ Cup Cassava Flour*)
- ½ Cup Gluten Free Rolled Oats
- ½ teaspoon Xanthum Gum
- ¾ Cup Coconut Sugar
- 1/3 Cup Monk Fruit Sugar
- 1 TBSP Cinnamon
- ½ teaspoon Nutmeg
- ½ teaspoon salt
- 1 teaspoon pure vanilla extract
- ¾ Cup + 2 TBSP Vegan Butter (or Ghee) Melted
- 4 TBSP Water

Apple Filling Ingredients:

- 7 Total or 3 lbs. Organic Apples – I did mix of Honeycrisp and Granny Smith – Peeled/Cored/Sliced into ¼” Thick Pieces
- 1 teaspoon Cinnamon
- 1/3 Cup + 2 TBSP Organic Coconut Sugar

Instructions:

1. Preheat oven to 350.
2. Grease 13 X 9 baking dish (I used stoneware) and coat with vegan butter.
3. For crumb topping, add flours, oats, Xanthum gum, both sugars, cinnamon, nutmeg and salt. Whisk together until smooth and no lumps.
4. Add vanilla & butter to mixture, mixing until combined. Add water 1 TBSP at a time – many not need all 4 depending on thickness. Texture should be formed and not too loose. Refrigerate while preparing apple mixture.

5. In large bowl, add apples, cinnamon and sugar. Mix until completely combined. Pour into bottom of pan spreading out evenly.
6. Add crumbs to top of apples – breaking apart and evenly distributing – crumble with hands. Press down lightly so firmly touching the apples.
7. Cover with foil and bake 25 minutes. Then remove foil and back another 20-25 minutes until golden brown and apples pass for tender test. Remove from oven.
8. Optional: Top with vegan vanilla ice cream.

***Try and use all organic ingredients if possible.**

ChristiHealthCoach.com