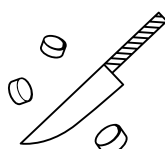


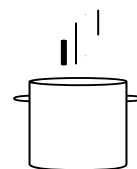


Apple & Blackberry Grain Free Crumble

Lisa Roukin's (from 'My Relationship with Food') crumble is perfect for sharing with friends and loved ones as the nights get colder. As it's grain-free, gluten-free, refined-sugar free, dairy-free, paleo and vegan it works for a number of diets.



30



40



12

Ingredients

For the filling:

6 apples, pink lady or braeburn, peeled, cored and cut into 1.5cm cubes

300g blackberries, fresh or frozen

2½ tbsp. The Groovy Food Company Organic Coconut Sugar

1 tbsp. lemon juice

100ml water

cinnamon, sprinkle

½ vanilla pod, de-seeded

For the crumble topping:

160g pecans

40g desiccated coconut

Directions

1. Pre-heat the oven to 375°F, gas mark 5, 190°C (170°C fan-assisted).
2. In a medium sized saucepan add the apples with 2 tbsp. coconut sugar, lemon juice, water and vanilla pod.
3. Bring to a boil then allow to simmer for 10 minutes until the apples are fork tender.
4. Turn off the heat and allow the apples to sit whilst you make the crumble.
5. Place the pecans and desiccated coconut in a food processor fitted with an S blade.
6. Process until a crumbly texture is formed.
7. Then add the cinnamon, coconut sugar, coconut flour and sea salt.
8. Process again until a crumbly delicate mixture is formed.

1 tsp. cinnamon

50g The Groovy Food Company Organic Coconut Sugar

1 tbsp. The Groovy Food Company Organic Coconut Flour

1½ tbsp. The Groovy Food Company Organic Virgin Coconut Oil, melted

sea salt

To garnish:

banana ice cream or coconut yoghurt

9. Add the melted coconut oil and process until combined.

10. Pour the liquid from the apples into a measuring jug, place the cooked apples into a 9inch square baking dish with 100ml of the liquid from the cooking apples sprinkle with a touch of cinnamon and ½ tbsp. coconut sugar.

11. Scatter over the blackberries, then sprinkle the crumble evenly over the top.

12. Bake in the pre-heated oven for 25-30 minutes or until the top is lightly golden then serve warm.

Delicious served with banana ice-cream or a dollop of coconut yoghurt.

LISA'S TIP

This is a fabulous dessert for when the nights are getting colder, you can sprinkle pecans on top for extra texture and you can be as adventurous as you like with your fillings from peaches to nectarines, rhubarb to pears or if time is short, frozen fruit also works well.