HEALTHY COOKING W/ SEASONAL PRODUCE DEMO SERIES



Apple & Pear Crumble

PREP:	COOK:	SERVINGS:
10 MIN	35 MIN	8

Ingredients:

- 3 apples *washed, cored, and chopped*
- 2 pears *washed, cored, and chopped*
- ¾ Cup whole oats
- ½ Cup white whole wheat flour
- 2 TBSP lemon juice
- 3 TBSP walnut finely chopped
- 3 TBSP maple syrup
- 3 TBSP olive oil
- 1 ½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp salt

Directions:

1. Mix together apple and pear pieces, cranberries (if using), lemon juice, and 1 teaspoon cinnamon. Spread on the bottom of a 8x8 baking dish.
2. In a separate bowl, mix together oats, walnuts, flour, salt, ½ teaspoon cinnamon, nutmeg, olive oil, and maple syrup.
3. Spread oat mixture out evenly over the apple mixture.
4. Bake in a 375°F oven for 35 minutes.
5. Serve warm. Enjoy!

https://carrotsandcookies.com/healthy-apple-crumble-recipe/