



Apple and Blueberry Crumble

 Serves: 4

 Cooking Time: 1 hour

 Level: Easy



INGREDIENTS

Filling

1.350 kg Granny Smith apples – peeled, diced and cored
200 grams frozen blueberries
1 tablespoon fresh orange juice
1 lemon rind – grated
3 tablespoons honey

Crumble

100 grams almond flour
60 grams cold butter
1 teaspoon honey

PREPARATION

1. Preheat oven to 150°C/300°F
2. Butter a 20cm/8-inch square baking tin
3. Place all the ingredients for the filling, retaining 2 Tbs of honey, in a medium size saucepan and cook covered on medium heat for 5 minutes. Remove lid and simmer on high for another 5 minutes.
4. Use a sieve to drain the fruit juices into a bowl. Pour the juice back into the saucepan, adding the remaining tablespoon of honey, and simmer until reduced by half. Retain this syrup for later.
5. Cool the fruit in refrigerator.
6. Meanwhile, make the crumble by combining the almond flour, butter and honey in a food processor. Mix until chunky crumbs are formed.

Place the crumble in the refrigerator for 10 minutes.
7. When the fruit has cooled down, place it into the prepared baking tin and top with the crumble. Bake the crumble for 30 minutes or until crumble is golden brown.
8. Serve warm, topped with a little SCD yogurt and the retained syrup.