

INSTRUCTIONS

Apple Crumble made with cooked crumble topping

1. Cooked crumble topping: Heat plant-based butter, coconut oil, or other oil in a skillet and then add sugar or maple syrup, stirring until dissolved and bubbling. Stir in vanilla, cinnamon, and salt (optional), followed quickly by oats and nuts. Cook while stirring until ingredients are toasted and fragrant, about 4 to 5 minutes. Beware, this burns easily! Transfer to a sheet pan lined with parchment paper and allow to cool. Crumble to desired size when cool.
2. Apple filling: Heat a skillet over medium heat, add water or oil of your choice, apples, sweetener of your choice, and cinnamon; stir to combine. Cover and cook, stirring regularly, until apples are tender but not mushy—about 3 to 5 minutes. Add a tablespoon (15 milliliters) of water if the mixture sticks before apples reach desired degree of doneness.
3. To serve, divide apple mixture between four (or more) dishes and top with the cooked crumble topping. Enjoy!

NOTES

- *Date puree is made by processing pitted dates and adding just enough boiling water to allow mixture to become a smooth paste. You will need to make a larger batch than is needed for this recipe and freeze it. It is scoopable in frozen form due to the high sugar content, so there's no need to thaw before using.
- This recipe is gluten-free if using gluten-free oats.

Nutritional Info (per ¼ recipe, when made with raw crumble and apple filling made with water and dates): Calories 320, Total Fat 15 g, Saturated Fat 1.4 g, Cholesterol 0 mg, Sodium 100 mg, Total Carbohydrate 49.4 g, Dietary Fiber 7.8 g, Sugars 38.3 g, Protein 4.4 g, Vitamin A 1%, Vitamin C 14%, Calcium 5%, Iron 6%

Nutritional Info (per ¼ recipe, when made with cooked crumble and apple filling made with oil and maple syrup): Calories 348, Total Fat 14.3 g, Saturated Fat 2.2 g, Cholesterol 0 mg, Sodium 100 mg, Total Carbohydrate 47.1 g, Dietary Fiber 6 g, Sugars 30.1 g, Protein 2.4 g, Vitamin A 0%, Vitamin C 14%, Calcium 3%, Iron 5%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
