Apple Crumble without an Oven

Serves: 4
INGREDIENTS

Raw crumble topping (oil-free)

3/4 cup (180 milliliters) walnuts

1/4 cup plus 2 tablespoons (90 milliliters) chopped dates

Pinch of salt, optional

Cooked crumble topping

2 tablespoons (30 milliliters) plant-based butter, coconut oil, or other oil

3 tablespoons (45 milliliters) brown sugar or maple syrup

½ teaspoon (2.5 milliliters) vanilla

½ teaspoon (2.5 milliliters) cinnamon

Pinch of salt, if using oil or coconut oil, optional (omit if using nondairy butter, as it's salted)

3/4 cup (180 milliliters) old-fashioned oats

1/4 cup (60 milliliters) sliced or slivered almonds, chopped pecans, or chopped walnuts

Apple filling

2 tablespoons (30 milliliters) water, plant-based butter, coconut oil, or other oil

4 medium apples, chopped small to medium dice

1½ tablespoons (22.5 milliliters) date puree* or coconut sugar; or 1 tablespoon (15 milliliters) brown sugar or maple syrup

½ teaspoon (2.5 milliliters) ground cinnamon



If you don't have an oven in your teaching kitchen (or the weather is warm and you don't want to heat up your kitchen), no worries—you can have your apple crumble and eat it, too! Options are given here for a raw, oil-free crumble and a more traditional-style cooked crumble, served with a filling that also has options to use water or oil. To make this recipe entirely whole food, plant-based, use the raw crumble and filling made with water and dates. Otherwise, choose your preferred crumble topping. Regardless of the crumble topping you choose, the recipe versions will have similar calorie and nutrient profiles.

INSTRUCTIONS

Apple Crumble made with raw crumble topping (oil-free)

- Raw crumble: Pulse ingredients together in a food processor until coarsely ground. Don't process too finely; it's better to be a bit too coarse. Set aside.
- 2. Apple filling: Heat a nonstick skillet on the stove over medium heat, add the water, chopped apples, date puree, and cinnamon; stir to combine. Then, cover and cook, adding more water as needed to prevent burning or sticking, and stirring regularly about 5 minutes. Apples should be tender, but not mushy.
- 3. To serve, divide apple mixture between four (or more) dishes and top with the raw crumble. Enjoy!

INSTRUCTIONS

Apple Crumble made with cooked crumble topping

- 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!

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*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

NOTEC

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.