

## RECIPE OF THE MONTH



### COMFY APPLE CRUMBLE

**For the streusel:**

- $\frac{3}{4}$  cup (75g) old-fashioned oats or gluten-free oats
- $\frac{1}{4}$  cup (30g) whole wheat flour or millet\* flour (for GF)
- 1 tsp ground cinnamon
- 2 tbsp pure maple syrup, room temperature
- 1  $\frac{1}{2}$  tsp unsalted butter, melted, or Earth Balance for vegan

**For the filling:**

- 6 cups (767g) diced red apple
- 2 tbsp. (16g) cornstarch
- 1  $\frac{1}{2}$  tsp. ground cinnamon
- $\frac{1}{8}$  tsp. ground nutmeg

**Directions:**

1. Preheat the oven to 350°F, and coat an 8"-square pan with nonstick cooking spray.
2. To prepare the streusel topping, whisk together the oats, flour, and cinnamon in a

small bowl. Make a well in the center. Pour in the maple syrup and melted butter. Stir until fully incorporated.

3. To prepare the filling, toss the apples with the cornstarch, cinnamon, and nutmeg in a large bowl until completely coated.

4. Transfer the filling to the prepared pan, and gently press down with a spatula. Sprinkle evenly with the topping. (The topping tends to clump, so try to break it up into fairly small pieces.) Bake at 350°F for 50–60 minutes or until the apples are fork tender. Cool completely to room temperature; then refrigerate for at least 3 hours before serving to allow the juices to fully thicken.

Notes:

- Do not substitute coconut flour.
- Honey or agave may be substituted for the pure maple syrup.
- It's important to chop the apples fairly finely, about the size of blueberries, to help them bake evenly and soften completely. I know it takes a little extra time and effort, but I promise it's worth it!