

FRESH APPLE CRUMBLE

Instead of using pie filling for your crumble this recipe is more work but it's healthier

See notes below the recipe for a variety of healthier options for flour, sugar, oil & margarine

INGREDIENTS

FILLING

- 1/2 C** Flour
- 1 t** Baking Powder
- 1/2 C** Sugar
- 1 t** Cinnamon **OR** apple pie spice
- 4 C** Apples (peeled & sliced)
- 1/4 C** Egg substitute **OR** 1 egg slightly beaten
- 1 T** Lemon Juice

OPTIONAL FILLING INGREDIENTS

- 1/2 C** Walnuts (chopped)
- 1/2 C** Raisins

CRUMBLE

- 1/2 C** Flour
- 1 C** One minute oatmeal
- 1/2 C** Margarine
- 1 t** Cinnamon
- 1 t** Lemon rind (grated)

BAKING INSTRUCTIONS

- 1** Mix all the filling ingredients together in one bowl
- 2** Mix all the crumble ingredients in another bowl
- 3** Pre--heat your oven to 350 degrees
- 2** Spray a 8 x 8 inch glass baking dish with the cooking spray making sure to spray the sides in addition to the bottom
- 3** Take about 1/2 the crumble mix & place it in the glass dish using a spoon to press it down so it's evenly distributed
- 4** Add the filling distributing it so it's the same height all over
- 5** Sprinkle the remaining mixture over the top of the filling
- 6** Bake at 350 uncovered for an hour
- 7** Cool for at least an hour & then refrigerate for at least 4 hours before serving

FLOUR SUBSTITUTES

Coconut flour
Tapioca flour
Quinoa flour
Almond Flour
Potato Starch
Whole Wheat Pastry Flour

SUGAR SUBSTITUTES

Splenda Sugar Blend for Baking
Maltitol
Agave
Honey
Low Cal Maple Syrup

OIL & MARGARINE SUBSTITUTES

Applesauce
Banana Puree
Prune Puree
Mango Puree
Wonder Slim