

INGREDIENTS:

CRUST

- 1 1/3 cups spelt, white, oat, or gluten-free ap flour
- 1/4 cup sugar of choice
- 1/4 tsp each: cinnamon and salt
- 1/4 cup oil or butter spread
- 2 tbsp water

FILLING

- 4 cups peeled apple, sliced thin (400g)
- pinch stevia OR 1 tbsp pure maple syrup, honey, or agave
- optional 1/2 cup raw walnuts, diced small
- optional 1/2 cup raisins

CRUMBLE TOPPING

- 1/2 cup rolled oats
- 1/2 cup spelt, white, oat, or gluten-free ap flour
- 1/2 cup sugar
- 1/4 cup oil, OR 1/4 applesauce for fat-free
- 1/8 tsp salt



HOW TO PREPARE:

STEP 1:

Preheat the oven to 120 C and line the bottom of an 8-inch spring form or removable-bottom tart pan with parchment, and set aside.

STEP 2:

In a large mixing bowl, combine all dry crust ingredients, then stir in the oil and water to make a dough.

STEP 3:

Transfer to the prepared pan, press down hard, and bake for 12 minutes on the centre rack.

STEP 4:

Toss the apple and sweetener in a medium bowl, then spread evenly over the baked crust.

STEP 5:

In a third bowl, combine all crumble ingredients. Sprinkle the crumble evenly over the apples.

STEP 6:

Bake 50-60 minutes or until apples are soft and tender. Allow cooling for 20 minutes before removing the spring form.

Prep Time: 20 Minutes

Total Cook Time: 1 Hour 20 Minutes