



Oh! Mega (*) Light Apple Oat Crumble!

Minutes to Prepare: 25 Minutes to Cook: 35 Number of Servings: 6

<p><u>Ingredients</u> <u>CRUMBLE:</u></p> <ul style="list-style-type: none"> • 120 g oats flakes/porridge oats • 60 g butter Or healthy margarine Or coconut oil • 2-3 tablespoons dark sugar • 1 tablespoon sunflower seeds • 1 tablespoon pumpkin seeds • 1 teaspoon linseed <p><u>To taste:</u></p> <ul style="list-style-type: none"> • 1 teaspoon cinnamon or mix spice • Or a mix of nutmeg/ginger/cinnamon 	<p><u>FRUITS MIX:</u></p> <ul style="list-style-type: none"> • 600 g Apples (Or other Fruits: preferably according to the season or use frozen or exotic fruits. Do a mix of fruits for a delicious fruit salad crumble! Your imagination is the limit!) • 2-3 tablespoons of dark sugar (to taste) • A sprinkle of your favourite spice (nutmeg, cinnamon, mixed spice or ginger).
<p><u>METHOD:</u></p> <ol style="list-style-type: none"> 1. Preheat the oven 180 C 2. In a bowl mix the oats with the seeds, spice of your choice if any, and sugar. 3. Incorporate the butter or margarine to the dry ingredients to resemble breadcrumbs. 4. Wash the fruits thoroughly (unless they are frozen!) 5. Remove the core of apples you can peel them or not (*). 6. Cut the apples in small pieces, 7. Lay them in an oven dish, sprinkle with sugar and spice if you want. 8. Cover with the crumble mix and pop in the oven for 30-35 minutes or until the crumble is golden or if you want the fruits to be really cooked leave a little longer 	

(*) Omega 3, thanks to the seeds are an excellent source of good fats that we need for cells and the brain!

(**) Fruit tend to concentrate their vitamins just under the skin: it is their protection, so it acts like a little vitamin fortress! It also contains a lot of good fibres. But bought fruits often have chemicals so washing them is essential.

Nutrition Facts approximate (with apples and butter)

Amount Per Serving **Calories** 259.5

Total Fat 14.9 g **Cholesterol** 18.3 mg **Sodium** 5.6 mg **Potassium** 375.8 mg **Total Carbohydrate** 26.2 g **Dietary Fiber** 5.4 g **Sugars** 6.5 g **Protein** 5.9 g - Good source of Vitamin B , C, E. - Contains Calcium, Folate, Manganese, Magnesium