

Apple-Berry Crumble

Recipe By Joy Devor



Cooking and Prep:  1 h

Serves:  8

Contains:  

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Rosh Hashanah

Diet: Vegetarian, Pescetarian

Source: Family Table by Mishpacha Magazine

The beauty of this recipe is its versatility. Since the crumble bakes separately from the apples, you can use as much or as little as you'd like. You can also substitute pears, if you prefer. Of course, if you want to indulge, whipped cream is always optional!

Ingredients (8)

Main ingredients

- 6–8 apples, washed and cored
- juice of 1 lemon
- 4 tablespoons brown sugar
- 2 teaspoons cinnamon
- 1 box blueberries, washed, or 1 (12-oz./340-g.) bag frozen blueberries, thawed

- 1/3 cup **Shibolim Whole Wheat Flour**
 - 3 tablespoons **Gefen Canola Oil**
 - 1/2 cup oats (rolled oats are a good choice)
-

Start Cooking

Make the Crumble

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius)
2. Cut the apples into wedges, about 1/2 inch (1.3 cm) or smaller. Place the apples in a bowl and pour the lemon juice over the pieces (this will keep them fresher and prevent them from browning).
3. Add two tablespoons of brown sugar and one teaspoon of cinnamon and mix. Place in a glass ovenproof bowl (such as Pyrex), cover, and put in the oven for about 30 minutes.
4. Remove, add the blueberries, and mix.
5. In another mixing bowl, mix the flour, two tablespoons of brown sugar, and two teaspoons of cinnamon. Add oil and oats and mix with a spoon.
6. Spread on a cookie sheet and bake for about 25 minutes or until golden brown.
7. To serve, scoop a serving of apple mixture into a bowl and top with crumble. Serve warm.

Note:

I like to mix tart apples like Granny Smith with sweet apples like Golden Delicious, so I can use less sugar. You can peel the apples if you'd like, but it's not necessary — and there's the fiber bonus if you leave the peels on!

Tip:

The topping here is a great granola recipe. It's delicious over ice cream or mixed into yogurt or cereal. You can also add walnuts, if you'd like.

Variation:

If you prefer to bake the apples and crumble together, place them in a dish (apples on bottom, crumble on top) and bake for about 45 minutes, or until the topping is brown and the apples are cooked through.