

Mixed Berry and Apple Crumb

Recipe By *Miriam Pascal*



Cooking and Prep:  1
h 15 m

Serves:  4

Contains:    

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Rosh

Hashanah, Purim, Sukkot, Tu-

Bishvat

Diet: Vegetarian

Source: Whisk by Ami

Magazine

Ingredients (11)

Fruit Mixture

- 4 apples, peeled and sliced thin
- 1 cup frozen strawberries, thawed and chopped
- 1/2 cup frozen blueberries, thawed
- 1 tablespoon cinnamon

Crumble

- 1 cup oatmeal
 - 2/3 cup white whole wheat flour
 - 1/3 cup ground walnuts
 - 3/4 cup sweetener (18 Splenda packets)
 - 1 teaspoon cinnamon
 - 1 egg white or 3 tablespoons **Haddar Egg Whites**
 - 3 tablespoons oil
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Start Cooking

Prepare the Apple Crumb

Yields: 4-6 ramekins

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine the apples, berries, and cinnamon in a large bowl. Toss to coat the fruit evenly with cinnamon.
3. Add fruit to a large baking pan and bake 30-40 minutes, until soft. Spoon into ramekins.
4. Prepare the crumble: combine all ingredients and stir until coarse crumbs form. (This is best done with your fingers; you don't want to over-mix.) Spoon the crumble mixture over the prepared ramekins. Bake for an additional 20 minutes. Serve hot.