

Fruit Crumble Squares



Ingredients

- 6 large, sweet dessert apples (such as Fuji, Gala, Braeburn, Pink Lady or Jazz), approx. 800g/1lb 12oz peeled & diced 1/1.5cm
- 200g/7oz frozen mixed berries
- 1 tbsp finely grated orange zest
- 1 tbsp cornflour
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- pinch of grated nutmeg
- 3 tbsp maple syrup

For the crumble topping

- 75g/2½oz porridge oats (or gluten free oats)
- 30g wholewheat/coconut flour (or gluten free flour)
- 75g/2½oz walnuts, chopped (optional)
- 1 tsp ground cinnamon
- 2 tbsp maple syrup
- 1 tbsp melted butter/ coconut butter, melted if solid

Method

- Preheat the oven to 350f/180C Fan/Gas 4. Line 8" square/oblong baking tray
- Place the apples in a bowl with the berries, orange zest, cornflour, ginger, cinnamon, nutmeg and maple syrup. Mix well and spoon into the p
- To make the crumble topping, mix together the oats, flour, nuts and cinnamon in a small bowl. Make a well in the centre and pour in the maple syrup and melted butter/coconut oil. Stir until fully combined. Crumble the topping over the fruit mixture to cover in an even layer.
- Bake for 50–60 minutes, until the topping is lightly golden. Leave to cool for 20–30 minutes before serving or ideally once at room temperature chill for 3hrs in a refrigerator before slicing into squares.
- Enjoy warm, room temperature or chilled as a breakfast, pre/post snack or for a healthy dessert. Serve with plain/vanilla flavoured yoghurt, or Greek yoghurt (can be sweetened with honey and/or vanilla extract/seeds).

