



# Autumn Apple Crisp

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## WELLNESS ADVICE NOW

Warm your tummy while warming your toes in some fluffy socks with this delicious apple crumble recipe.

Apples are an underrated superfood - it's true what they say, that an apple a day keeps the doctor away!

Apples are naturally high in gut-loving soluble fibre. This soft and gel-like fibre swells with water in the bowel and is known to help manage blood sugar levels, keeping you fuller for longer.

Studies have shown that the regular consumption of apples helps reduce the risk of cardiovascular disease. This may be due to the action of soluble fibre binding with and lowering cholesterol in the gut as it helps to carry it out of the body without reabsorption. Apples also contain an equal amount of insoluble fibre. This type of fibre does not break down in water and aids your digestive system to move better, promoting healthy bowel function.

Studies have also shown that regular consumption of apples can reduce the risk of stroke incidents by over 52% compared to individuals who do not eat apples often or at all.

A study published in the American Journal of Clinical Nutrition (Feb2020) found that eating two apples per day helped lower LDL "bad" cholesterol and overall triglyceride levels.

Refined sugar-free high in soluble fibre, calcium and magnesium, this is a simple dessert that will have them coming back for more!

Health Tip : Check portion sizes. Portion out and reheat in overproof containers. Can be served cold.



# Autumn Apple Crisp

4 SERVINGS 1 HOUR



## INGREDIENTS

- 1 Apple (cored and sliced)
- 3 tbsps Maple Syrup (divided)
- 1 1/2 tps All Purpose Gluten-Free Flour (or 1 tbsp)
- 2 tbsps Unsweetened Applesauce
- 1 cup Quick Oats
- 1/2 tsp Baking Powder
- 1/4 tsp Sea Salt
- 2 1/2 tbsps Coconut Oil
- 1/2 cup Coconut Ice Cream (optional)

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 02 Add peeled apple, 1/3 of the maple syrup, gluten free flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
- 03 Add the oats, remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
- 04 Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
- 05 Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
- 06 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 07 Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
- 08 Scoop into bowls and serve with coconut ice cream.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

### COCONUT OIL

Unsalted butter in same quantity can replace coconut oil



#### GLUTEN FREE FLOUR

Corn flour or coconut flour can replace gluten free flour. Oat flour can be made by whizzing oats in a food processor to a fine powder (1.5 cup rolled oats will reduce to 1 cup oat flour)

#### COCONUT ICECREAM

Coconut cream can replace icecream. If adhering to a low histamine diet yoghurt would have to be omitted otherwise coconut yoghurt could be used.

