

HEALTHY APPLE CRUMBLE

Prep Time: 10 min | **Cook Time:** 10 min | **Servings:** 2 | **Difficulty:** Easy | **Diet:** Vegetarian



Ingredients

- 1 cup (80 g) rolled oats
- 3 tablespoons (about 24 g) almond flour
- 1 tablespoon (15 ml) maple syrup (or honey)
- 1 tablespoon (15 ml) coconut oil
- 2 teaspoons cinnamon
- 2 apples, diced
- Pinch of salt
- 3/4 cup Greek Yogurt (200 g)

How to make step by step

1. Toast the dry ingredients

- Add the rolled oats and almond flour to a preheated non-stick pan
- Toast over low heat for about 1 minute
- Stir continuously to prevent burning

2. Prepare the crumble

- Add the coconut oil, honey, and a pinch of salt
- Cook while stirring for a few minutes until golden and dry
- Remove from the heat and let it cool for 10 minutes to become crunchy

3. Cook the apples

- Peel and dice the apples
- Add the diced apples to another pan
- Pour in a small splash of water
- Add cinnamon and cook over medium heat until soft and tender

4. Assemble the bowl

- Transfer the warm apples to a serving bowl
- Add yogurt on top
- Finish with the crunchy oat crumble before serving

👉 Video recipe: <https://youtu.be/p0oK573R5kM>