



Health Rating

Prep 15 min Cook 25 min Ready in 40 min Servings 4

Cinnamon Maple Apple Crumble

Ingredients

- 1 tbsp Maple syrup, pure (topping)
- 2 tsp Coconut oil (topping)
- 1/2 tsp Vanilla extract, pure (topping)
- 1 tsp Cinnamon (topping)
- 1/4 tsp Nutmeg, ground (topping)
- 1/8 tsp Ground cloves (optional, topping)
- 1/2 cup Rolled oats, dry (topping)
- 2 tbsp Slivered almonds (blanched, topping)
- 1 tbsp Pecans (chopped, topping)
- 2 tbsp Coconut flakes, unsweetened (topping)
- 4 medium Apple (for apples)
- 4 tbsp Butter, unsalted (or coconut oil, for apples)
- 4 tbsp Maple syrup, pure (for apples)
- 1/2 tsp Cinnamon (for apples)
- 1/2 cup Greek yogurt, plain, 1% M.F. (yogurt sauce)
- 2 tbsp Maple syrup, pure (yogurt sauce)

Instructions

Preheat oven to 300°F.

For the topping:

In a small bowl mix together maple syrup, coconut oil and spices until smooth.

Add oats, nuts and coconut and mix well until evenly coated. Pour onto a rimmed metal baking sheet. Bake for approximately 18 minutes, stirring halfway through. Topping will be fairly dry. Remove from the oven and allow to cool. Topping will crisp as it cools.

For the apples:

Peel and core apples. Cut each apple into 16 pieces.

Melt butter and maple syrup together in a medium pan over medium heat. When it is bubbling, add the apple slices and cinnamon. Cook for about 3 minutes, turning and stirring to coat slices. Turn heat to low and cover with a lid. Cook another 5-7 minutes or until apples are tender when pierced with the tip of a sharp knife. Take the lid off for the last minute or so and allow the apple slices to brown up a bit.

To make yogurt sauce, mix yogurt and maple syrup in a small bowl until smooth.

Divide apples into bowls, sprinkle with a tablespoon or two of the topping, then a dollop of the maple yogurt. Sprinkle with extra cinnamon if desired.