



ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 15 mins

Cook time: 30 mins

Serves: 4-6

INGREDIENTS

- **BASE**
- 6 large apples, peeled, cored and diced
- 1 bunch (5 stalks) rhubarb, cut into 2cm pieces
- Squeeze of lemon juice

METHOD

- In saucepan, place apples, rhubarb, lemon juice and 1 tbsp water.
- Bring to the boil, and simmer 15 minutes until cooked.
- Transfer to a 20cm dish and spread evenly over the base.
- In a separate bowl, mix all topping ingredients with a knife.
- Mixture should be thick, or add more coconut, and spread over the fruit.
- Bake in oven for 15 minutes, until browning on top.
- Lovely served hot with custard, ice cream or coconut yoghurt.

NOTE: for a crunchier topping, add ½ cup chopped almonds to mixture.

RHUBARB AND APPLE CRUMBLE



- **TOPPING**
- 1 cup almond meal
- 2 tbsp coconut flour
- ½ cup shredded coconut (unsweetened)
- 2 tbsp rice malt syrup
- 1 tsp cinnamon, ground
- ¼ cup coconut oil
- Pinch pink rock salt