Apple Crumble

Ingredients

APPLES
- 6 Cortland apples (or other local varieties) peeled, cored and quartered
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) ground cinnamon
- ¼ tsp (1.25 ml) ground nutmeg
- ¼ tsp (1.25 ml) ground cardamom (optional)

CRUMBLE MIXTURE
- ⅔ cup (160 ml) brown sugar
- ⅔ cup (160 ml) softened butter
- ⅔ cup (160 ml) whole wheat flour
- 1½ cup (375 ml) quick-cooking oatmeal

YOU WILL NEED:
- peeler
- cutting boards
- knives
- set of measuring spoons
- set of measuring cups
- 1 baking dish (9" x 9")
- 1 wooden spoon
- 1 large bowl
Preparation

1. Preheat oven to 375°F.

**APPLES**
2. Place apples, lemon juice, cinnamon, nutmeg and cardamom in an ovenproof dish (9” x 9”). Mix well and set aside.

**CRUMBLE MIXTURE**
3. Mix the butter and brown sugar by hand.
4. Add the flour and oatmeal, then mix with a wooden spoon.
5. Spread this mixture over the apples.
6. Bake for 30 to 35 minutes or until crumble is golden and apples are tender.
7. Let cool before serving.

**CHEF’S TIP:** To know if the crumble is ready, simply prick the apples with a fork. If you no longer feel any resistance, it’s ready!

**DIETITIAN’S TIP:** Replace apples (or part of them) with pears or berries when it is in season. Crumble freezes well: freeze portions of crumble for lunches.