



4
PORTIONS

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.