

Pumpkin Apple Crumble

Serves 4-6

Crumble:

3/4 cup whole spelt or 1 cup almond flour
1/4 cup unsweetened, sulfite-free, shredded coconut
1/4 cup butter, ghee or coconut oil
2 tbsp coconut sweetener or organic brown sugar
1/8 tsp sea salt
1/8 tsp cinnamon
1/8 tsp nutmeg
Few drops of water

Filling:

2 cups shredded pumpkin or squash*
4 cups shredded apples, peeled – either Northern Spy or Granny Smith*
1 tsp ground cinnamon
1 tbsp all-purpose flour or 2 tbsp tapioca flour
1/4 cup yellow sugar, maple syrup or coconut sweetener
1/4 tsp nutmeg
1/4 tsp ground ginger
1/4 tsp sea salt

*To shred the pumpkin or squash: Cut a small pumpkin into eighths. Peel the skin of the back side of the pumpkin or squash and scoop out the seeds. Grate the pumpkin on a cheese grater and then measure. For the apples, peel the outside of the apple (optional) and grate on a cheese grater on all sides. A large apple will be 1 1/2 - 2 cups grated.

Preheat the oven to 350 degrees F. Grease an 8 x 4-inch baking dish with butter or coconut oil.

To make the crumble: Place all the ingredients in a food processor and process until it starts to bind together a bit. The purpose of the water is to help bind a bit and stay together in the oven. Set aside.

To make the filling: Mix the sugar, spices, flour and sea salt together. Put the pumpkin or squash in a bowl and add the sugar mixture. Toss to mix. Add it to the baking dish and spread it out evenly. Sprinkle the crumble evenly over the filling. Bake in the oven for 35-40 minutes. Remove from the oven and let cool for 10 minutes. Serve warm with your favourite ice cream or crème fraîche.