

Krista Harrison, RHN, Culinary Nutrition Expert

krista@kristaharrison.com

www.kristaharrison.com

“Embracing the power of real food!”

Apple Crumble

Serves: 8-10

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients:

8-10 organic apples, peeled and sliced

1 ¼ cup oats

½ cup brown rice flour

¼ cup hemp hearts

1/8 cup unsweetened protein powder (Genuine Health is great – especially the fermented greek yogurt!)

1 tbsp cinnamon (check out [My Spice Box](#))

1 tsp coriander (check out [My Spice Box](#))

½ cup coconut oil

½ cup maple syrup

Directions:

Preheat oven to 350.

Place the peeled and sliced apples in a baking dish.

Mix the oats, flour, hemp hearts, protein powder, cinnamon and coriander together.

Blend in the coconut oil and maple syrup. Mix well.

The mixture will be quite thick so you will have to spread the mixture over the apples with your hands.

Bake in oven for 45 minutes, or until apples are soft and mixture is golden brown.

For an extra treat, try adding coconut whipped cream on top (refrigerate a can of coconut milk, then drain the water portion and place the coconut fat in a glass bowl. Beat with a mixer until fluffy. Add in maple syrup and vanilla to taste.)