



Recipe provided courtesy of Horticulture Australia.

BAKED APPLE CRUMBLES

Serves: 4

Preparation time: 10 minutes

Cooking time: 30 minutes

Tip:

The fat in this recipe comes predominately from the healthy monounsaturated fats found in hazelnuts and almond.

 Healthy&heartWise Wise Recipe

✓ Low GI estimate

✓ Lactose free

Nutrition information	Per serve
Energy (8% DI)	725kj
Fat	6g
Saturated fat	<1g
Carbohydrate	28g
Fibre	3.5g
Sodium	3mg

Ingredients

2 Golden Delicious apples

½ cup (40g) rolled oats

2 tablespoons (15g) almond meal

1½ tablespoons (20g) hazelnuts, chopped

1 teaspoon cinnamon

1 tablespoon orange juice

2 tablespoons maple syrup

Zest of ½ lemon

Method

1. Preheat the oven to 180°C. Using a small sharp knife, remove cores from apples. Cut each apple in half horizontally and place in a greased baking dish. Add 2 tablespoons of water, cover with foil and place in the oven. Cook for 10 minutes.
2. While the apples are cooking, place the oats, almond meal, hazelnuts and cinnamon in a bowl to make the crumble topping. Stir to combine. Add the orange juice, half the maple syrup and lemon zest. Mix together well.
3. After 10 minutes take the apples out the oven. Divide the crumble mixture into four. Push some of this mix into the centre of each apple and then pile the rest on top. Drizzle over the rest of the maple syrup. Re-cover the apples and cook for 10 minutes. Remove the cover and continue cooking for another 10 minutes, or until the topping is golden brown and the apple is cooked through.