

Apple & Cranberry Crumble for the holiday season



Do you love to eat apple and pear crumble? This is one of the old time favourite pies; a popular variant from the traditional English dessert which is the apple crumble. It started during the Second World War due to the strict rations of foods. The ingredients were not quite enough to come up with the traditional pies. So what the people back then did was to create a crumble, since there were not much ingredients required. The only thing needed were sugar, margarine and a little flour. During the hard times, the creativeness of the English people paved the way for apple crumble to become one of the popular desserts.

There are few desserts which remind me of the Holidays, as this dessert. If you've never tried it, or are concerned that this is just another calorie bomb, relax and read on. The Health Connection Wholefoods team has prepared a very special recipe for you.

I hope you like it.

Apple & Cranberry Crumble (serves 20)

Ingredients:

[250 ml HCW Gluten Free Flour Mix](#) (click on the link to order)

250 ml HCW Chickpea Flour / Soya Flour

A pinch of salt

125 ml sugar

110 g soft margarine, lite

1 large tin pie apples

1 tsp cinnamon

2 tbsp HCW Dried Cranberries

Method:

1.

Preheat the oven to 180 °C and spray an ovenproof dish with non-stick cooking spray.

2.

Sift the flours and salt into a medium-sized bowl and add the sugar. Mix together well.

3.

Rub the margarine into the dry ingredients with your fingertips until the mixture resembles breadcrumbs.

4.

Pour the apples into a separate bowl, sprinkle with the cinnamon and toss until evenly distributed.

5.

Place the cinnamon-covered pie apples into the ovenproof dish and scatter about half the cranberries over the apples. Spread the crumble evenly over the apples and cranberries.

6.

Bake for 35 minutes until the crust is golden.

7.

Remove the pie from the oven and scatter the remaining cranberries over it.