



LOVE
FOOD
hate waste

Did you know we throw out
1,300,000 apples
every day in Canada?



TIP

Always store apples in the fridge in a breathable bag. To use them up quickly, try this **Crisp Apple Crumble**.

More tips at: lovefoodhatewaste.ca

Crisp Apple Crumble

SERVES: 8

PREP TIME: 1 HR

INGREDIENTS

FILLING

750g apples, quartered and
thinly sliced with skin on
(approx. 4-6 apples)

juice and zest of 1 lemon

1/3 cup soft brown sugar

1 teaspoon cinnamon

1 tablespoon cornflour

2 tablespoons water

TOPPING

1 1/4 cup rolled oats

1/2 cup flour

2/3 cup soft brown sugar

pinch salt

1 teaspoon cinnamon

100g coconut oil or butter, melted

70g sliced almonds or chopped
walnuts or pecans (optional)

**Add bread crusts and bread ends
to the topping for extra crunch.**



- 1 Heat oven to 175C bake or 155C fan bake.
Prepare and large baking dish by lightly greasing it.
- 2 Mix the filling ingredients together in a large bowl making sure
the apple slices are coated evenly. Transfer onto the baking dish
and spread out.
- 3 Mix topping ingredients together and crumble over the apple filling.
- 4 Bake for 50 minutes to 1 hour or until the filling is bubbling and the
apples and crumble topping are cooked to your liking.

To use up some bread crusts and bread ends, reduce the flour to 1/4 cup
and crumble about 1 cup of bread using your fingers and mix with the
topping mixture for extra crunch.

#EveryBiteCounts

