



Baked apples with crumble topping

Ingredients

For the crumble topping:

30g rolled oats
20g butter
10g dark brown soft sugar

For the stuffed apples:

4 dessert apples (washed)
30g finely chopped dates
15g butter
½ tsp ground cinnamon

Method

1. Preheat oven to 180°C and line a small baking dish with baking parchment.

Make the crumble topping:

2. Mix the oats and sugar together in a small mixing bowl. Melt the butter then add it to the oats and sugar, combine thoroughly and set aside.

Prepare the stuffed apples:

3. Peel the top quarter of the apples, slice off the peeled section and turn the apples onto the cut side to stop them browning.
4. Dice the peeled apple tops, discarding the stem.
5. Melt the butter in a small pan, stir in the chopped apple and cinnamon. Cook gently for 3-4 minutes, remove from the heat and combine with the dates.
6. Using a vegetable peeler or melon baller, remove the cores from the apples, being careful not to go through the bottom of the apple.
7. Fill the apples with the date mixture, firming down the stuffing gently.
8. Top with a spoonful of crumble mix, cover with foil and cook in the oven for 10 minutes. Remove the foil and cook for a further 10-15 minutes until the apples are soft and the crumble topping is golden brown.
9. Serve with crème fraiche, cream or ice cream and a sprinkle of cinnamon.

This recipe is gluten free. For dairy free, use coconut oil instead of butter and serve with coconut yoghurt.

