



Recipe Card

Blackberry & Bramley Apple Crumble

How difficult is it?



Free From
Fourteen Vegan™

liked by 

 AllergyUK

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Ingredients

- 1.5 large Bramley apples , peeled, cored and thinly sliced
- 10 blackberries, cut in half
- Gluten free oats
- 3 pitted dates, finely chopped
- 3 tbsp cold water
- Ground ginger
- Ground cinnamon
- Optional - pinch of salt

I have managed to get the crumble to taste like my Grandma's blackberry and apple crumble which is a highlight at family gatherings. However, mine does not have any added sugar or fat.

Instructions

1. Turn on oven to 180°C. Get out a small ovenproof bowl. Put the oats and pumpkin seeds into a hand-blender jug and blitz down to a fine texture. Add this mix to the grated vegetables. Add the herbs, salt, black pepper and mix well.
2. Place a layer of the sliced apples on the bottom of the bowl, add a layer of blackberries and dates - repeat this process as many times as required, then, pour the cold water over the fruit filling.
3. Sprinkle a layer of gluten-free oats over the fruit, then sprinkle a bit of ground cinnamon and ginger on top. Optional - add a pinch of salt.
4. Cook for around 40 minutes until the fruit filling is piping hot and the oats crisp a bit - keep an eye on it, in case it starts to burn. Remove from the oven, grab a spoon and dig in.