

APPLE, PEAR & CRANBERRY CRUMBLE

INGREDIENTS

- Non-Stick Cooking Spray
- 5 Apples (Gala) (core) (peel) (cut in large chunks)
- 4 Pears (Bosc) (core) (peel) (cut in large chunks)
- 3/4 C Cranberries (dried)
- 1/2 C Raisins (golden)
- 1 t Lemon zest (grated)
- 2 T Lemon juice
- 2 T Orange juice

- 1/2 C Coconut Sugar (works like brown sugar)
- 1/4 C Whole-wheat pastry flour **OR** gluten-free flour
- 1 t Cinnamon (ground)
- 1/2 t Nutmeg (ground)

- 1 1/2 C Whole-wheat pastry flour **OR** gluten-free flour
- 1 1/2 C Coconut Sugar (works like brown sugar)
- 1/2 t Salt
- 1 C Oats (old-fashioned)
- 1/2 C Pecans (toasted)
- 2 sticks Healthy Butter **OR** Margarine (cold) (unsalted) (diced)



DIRECTIONS

- 1 Heat the oven to 350 F & spray non-stick spray in a pyrex 9 X 12 inch dish
- 2 Place the fruit in a large bowl & toss with the cranberries, zest, juices
- 3 Mix the coconut sugar, flour, cinnamon & nutmeg together first in a separate large bowl
- 4 Pour the mix over the apples & pears
- 5 Toss again until they're evenly coated & pour mix into the prepared pyrex dish
- 6 Using an electric mixer with a paddle attachment, combine your healthy butter or margarine, flour, sugar, salt, oats & pecans
- 8 Mix until you have large crumbles
- 9 Sprinkle evenly over the fruit, covering it completely
- 10 Bake for 50 minutes to 1 hour, until the top is brown & the fruit is bubbly
- 11 Serve warm **OR** cold

