



## Yummy Apple Crumble

You can either use the Thermomix or the Food Processor for this recipe.

### *Ingredients:*

½ Cup Raw Organic Almonds (or a mixture of nuts you like)

30gms Organic Ghee

70gms Raw Organic Honey

600gms Organic Apples (peeled and sliced)

1 Teaspoon Cinnamon

½ Cup preservative / spray free Organic Sultanas (optional)

### *Method:*

Place the nuts in either the Thermomix or Food Processor and chop. (in the Thermomix Turbo for 1 second twice) – reach whichever consistency you prefer with the nuts, I like them roughly chopped so they still have lots of crunch

In a frypan place the Ghee and Raw Honey and heat gently so they combine and start to bubble slightly.

Add the apples, place the heat on low-medium and put the lid on, (if you're using the sultanas add them now as well)

Gently cook for 5-10 minutes, stirring and checking regularly so they don't stick to the pan

When they're almost cooked (again if you like them a little crunchy cook for less time, if you like them really soft cook for longer), switch off the heat, mix through the nuts, dust with Cinnamon and toss around again.

Leave it to sit for another 5 minutes with the lid on then serve either warm or cold with yogurt or just plain.