

Can't Beet this Apple Crumble

Prep Time: 10 mins

Cook Time: 30-40 min

Serves: 8

Ingredients:

- 6 apples
- 1 medium beet
- 1 Tbsp water
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- pinch of salt
- 1 tsp lemon juice

Crumble Topping:

- 1 cup rolled oats
- ½ cup whole wheat flour,
or gluten free flour
- ½ tsp ground cinnamon
- 1 tsp vanilla extract
- 2 Tbsp honey
- 3 Tbsp olive oil
- pinch of salt



Instructions:

1. Preheat oven to 325°F.
2. Dice apples into 1/4 inch chunks.
3. Peel and shred the beet.
4. Combine apples and beet with water, vanilla, cinnamon, salt and a splash of lemon juice. Set aside.
5. In a separate bowl, combine rolled oats, flour, cinnamon, salt vanilla, honey, and olive oil, then rub ingredients together with your fingers until mixed. This is your crumble.
6. Spread your apple mixture into a baking dish.
7. Scatter the crumble over the top evenly.
8. Bake for 30-40 minutes or until the crumble is golden.
9. Remove from the oven and let cool before serving.



www.youtube.com/c/AppleSeedsInc

www.appleseedsnwa.org