

Apple crumble with almonds



In autumn there is little choice of locally-grown fruit available. But there is an abundance of apples and pears at present. It is also the peak season for nuts. Nuts are healthy, natural and energy rich. In today's recipe we have combined apples and almonds for you.

Ingredients for 4 persons:

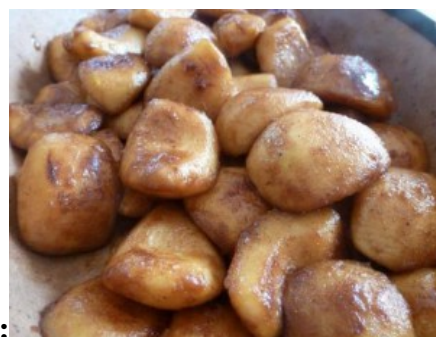
500 g peeled apples (c. 4)
30 g butter
30 g cane sugar
1 pinch of cinnamon

For the topping:

70 g cold butter, in pats
50 g cane sugar

1 pack of vanilla sugar
1 pinch of salt
1 pinch of cinnamon
60 g flour
70 g ground almonds
40 g oats or 4-grain flakes

Tip: Crème fraîche or a scoop of vanilla ice cream complement this dessert perfectly and are also rich in energy.



Preparation (preparation time 40 minutes, baking time 15 minutes):

Peel the apples, chop into eighths, and remove the cores.

Melt the butter in a pan, add the pieces of apple, sprinkle the sugar over the apple and allow to caramelize slightly.

Then sprinkle with cinnamon to taste. If required, add 2 tablespoons of water.

Place the caramelized apples in a baking dish and put to one side.



Put the flour, ground almonds, cane sugar, vanilla sugar, pinch of salt, 4-grain flakes or oats, and the pats of butter in a bowl and knead with the hands or with a wooden spoon to form a crumbly mixture. Cold hands are an advantage here as warm hands can make the butter

melt and result in the crumble becoming compacter than desired.

Next sprinkle the crumble over the apples and bake the crumble for 15 minutes in a preheated oven at 175 degrees.

To enjoy the crumble at its best serve warm or lukewarm.

Enjoy trying out this dish. Bon appetit!
