

Warm Winter Apple Crumble....with lots of cinnamon

On a cold winter night there is nothing better than consuming a bowl of guilt-free and nourishing apple crumble.

Chinese Food Medicine

The energy of apples is cool and sweet so to consume them in winter it is important to combine them with cinnamon for a therapeutic effect. Cinnamon is warming and is a powerful tonic to the kidneys, which is the organ that needs to be strengthened in winter. The kidneys are considered to be the gate to the fire of life. Cinnamon stokes this fire, eliminates chill, eases diarrhea and pain in the lower back and knees, improves circulation to warm cold hands and feet and provides energy balance to people who are feeling hot in the upper part of the body and cold in the lower half.

Here is my recipe....

6 medium to large Apples (you can also substitute half for pears, yum!!)

3 tablespoon Rapadura or sugar

¼ cup water

1 tbl ground cinnamon

Crumble topping

½ cup Almond Meal

½ cup Gluten free or wholemeal spelt flour

¼ cup Rapadura sugar

80g organic butter

1 tbl ground cinnamon

1 Preheat oven to 180

2 Peel, core and chop apples. Combine the fruit, sugar, water and cinnamon in a saucepan and cook, covered for about 10 mins or until fruit is just tender.

3 Meanwhile, make crumble topping: Place crumble ingredients into a food processor and process until mixture forms a crumble dough

4 Place apple mixture in a baking dish and sprinkle with crumble topping

5 Bake for about 25 minutes

For a real treat serve with Barambah Cream.

This recipe is best served hot straight away, however, I did manage to save some once and it was still great the next day.

Recipe by Eeka Berghofer