

INGREDIENTS

- 2 cups rolled oats
- 1 teaspoon cinnamon
- ½ teaspoon ground cloves
- 200 grams butter (melted)
- 4 cups of apples
- 2-3 stalks of rhubarb (diced)
- 1 teaspoon vanilla
- 1 cup mixed raspberries and blackberries
- Almonds and macadamias
- 3 tablespoons honey
- Sprinkle linseeds and sunflower seeds

INSTRUCTIONS

- 1) Cut rhubarb & apples into small pieces
- 2) Stew the apples and rhubarb in a saucepan with a touch of water & vanilla, cook to soften
- 3) Dry toast the oats, nuts and seeds in a small pan
- 4) Melt butter and honey and stir into dry toast mix then add cinnamon and cloves
- 5) Add the raspberries and blackberries into the stewed fruit mixture
- 6) Serve stewed fruit into a dish with dry toast crumble on top
- 7) Add a few fresh berries on top



Rhubarb and Apple Crumble



4 servings



10mins

The perfect quick dessert for when family or friends are visiting, or if you just want a simple nightly treat. Enjoy!