

# Pear and apple crumble

(Serves 4-6)

Promote production of acetate and butyrate with this recipe rich in pectin.



## Ingredients:

### Fruit:

- 6-8 pears/apples, diced
- 1 tsp mixed spice
- 1 tsp vanilla essence

### Crumble:

- 2 cups rolled oats
- ½ cup mixed nuts (almonds, pecans, walnuts, hazelnuts), chopped
- 1 tsp cinnamon
- 1 tsp vanilla essence
- 2 tbsp butter, melted
- 1 tbsp honey

## Method:

- Preheat oven to 200°C.
- Add apples/pears, spice and vanilla to a saucepan and add enough water to just cover the fruit.
- Simmer on medium heat until fruit is soft (not too soft, it needs to keep its shape), approx. 6 minutes.
- Drain the liquid and add stewed fruit to a baking dish.
- In a bowl add oats, nuts, cinnamon, vanilla and butter and mix together well.
- Add crumble to top of stewed fruit in baking dish.
- Drizzle honey over the top of the crumble.
- Bake for 15-20 minutes or until top is browned and toasted.
- Serve with Greek yoghurt and a drizzle of maple syrup.