

**APPLE CRUMBLE**

This is a delicious way to have your filling oats for your second breakfast. This recipe is SOFAS free (meaning it contains no salt, oil, flour, sugar, alcohol or salt). This is a health-promoting take on a super fattening comfort food on a cold winter day.

**Ingredients**

· 4 large Granny Smith apples, peeled, cored and sliced

· 2-4 sweet apples (apples with red on the skin are usually sweet), peeled, cored and sliced

· ½ cup organic unsweetened apple juice

· 2 cups organic rolled oats

· 1 cup unsweetened apple sauce

· 1 ½ tsp cinnamon

**Method**

1. Preheat oven to 350 degrees (400 if your oven doesn’t get hot enough)

2. Core, peel and slice the apples and place in a deep casserole dish. Make sure you have one with a lid.

3. Pour apple juice over apples.

4. In a medium mixing bowl, add the oatmeal and cinnamon and stir to combine. Add the apple sauce and stir to combine until all the oatmeal is wet and the mixture resembles cookie dough.

5. Using a large spoon, spoon the mixture onto the apples and then smear to make an even coat over the apples.

6. Cover the casserole dish with the lid (or tin foil if you must) and put in the oven for 30 minutes.

7. After 30 minutes remove the lid. Bake for an extra 15 to 30 minutes until the oatmeal forms a nice crust and apples are cooked.

8. This makes 6-8 servings depending on how large a serving you want. Enjoy hot or cold.