

Apple Pear Crumble with Ginger

With a nod to my Foix friend Sanna Phinney, I share with you this super simple dessert. It's was Sanna's delicious recipe that she prepared for our welcome meal that served as an inspiration.

Ingredients

4 apples, cored and cut into chunks

4 pears, cored and cut into chunks

1 T Fresh Ginger – finely grated

2-4 T maple or date syrup or honey

$\frac{1}{2}$ cup each of pumpkin, sunflower, and hemp seeds

1 cup of Almonds, Walnuts, or Pecans or a mixture

1 cup coconut flakes or chips

1 t cinnamon

$\frac{1}{4}$ t of freshly grated nutmeg

$\frac{1}{4}$ t of vanilla powder or 1 t of vanilla extract

$\frac{1}{2}$ to $\frac{3}{4}$ cup of melted coconut oil

1-2 T maple or date syrup or honey (more depending on desired sweetness)

Preheat oven to 350 degrees

Mix the fruit, ginger, and syrup together and pour into a baking dish.

In a food processor lightly process the seeds, nuts, and coconut leaving texture. You can also use a blender but be careful not to over-process.

In a mixing bowl combine spices, oil, and maple syrup with the nuts. You may need to adjust the proportions by adding more syrup to taste or a bit more oil if it is too dry. You will want all of the mixture lightly coated.

Place in preheated oven and bake for 35-40 mins. The top should be golden brown and the fruit should be fork tender.

Serve warm or at room temperature. Consider topping with coconut ice cream or a plant-based whipped topping.