

Gluten-free apple and rhubarb crumble



There is nothing more wintery than an apple and rhubarb crumble for dessert. This one is gluten-free.

Ingredients:

1. 2 large (about 400g) Granny Smith apples, peeled, cut into 2cm pieces
2. 200g rhubarb, coarsely chopped
3. 1 tablespoon coconut sugar
4. 1 tablespoon lemon juice
5. No-fat Greek yoghurt, to serve
6. Honey, to serve
7. 2 tablespoons coconut sugar
8. 2 tablespoons almond meal
9. 2 tablespoons shredded coconut
10. 1 tablespoon brown rice flour
11. 1 tablespoon buckwheat flour
12. 1/2 teaspoon mixed spice
13. 5 teaspoons solid coconut oil
14. 2 tablespoons flaked almonds

Method:

1. Preheat oven to 180C/160C fan forced. Place the apple, rhubarb, sugar and lemon juice in a saucepan over low heat. Cook, stirring occasionally, for 2 minutes or until sugar dissolves. Cover and cook, stirring occasionally, for 8 minutes or until apple is starting to soften. Transfer to a 1L (4 cup) baking dish. Set aside to cool for 5 minutes.
2. Meanwhile, for the crumble mixture, combine the coconut sugar, almond meal, shredded coconut, rice flour, buckwheat flour and mixed spice in a small bowl. Add the coconut oil and use your fingertips to rub into the coconut mixture until mixture resembles coarse breadcrumbs. Stir in the flaked almonds. Sprinkle crumble over the apple mixture. Bake for 20-25 minutes or until golden.
3. Cool for 10 minutes. Top with a dollop of yoghurt and drizzle with honey.