

Apple Crumble

1/2 cup whole wheat pastry flour	1/3 cup sunflower oil
1/2 cup quick oats	2 teaspoons vanilla, divided
1/4 cup <i>Flax Complete</i> *	1/4 cup apple cider or apple juice
1/2 cup sugar, divided	1 teaspoon cornstarch
1 teaspoon cinnamon	6 cups apples, peeled and sliced (Macintosh, Honey Crisp preferred)
1/4 teaspoon salt	

- Preheat oven to 375°.
- In medium size bowl, combine flour, oats, flax, 1/4 cup sugar, cinnamon and salt. Add oil and 1 teaspoon vanilla - mix until crumbly. Set aside.
- In large mixing bowl, combine apples, remaining 1 teaspoon of vanilla, apple cider, remaining 1/4 cup sugar and corn starch. Mix well, coating apples.
- Spoon apple mixture into 7x11-inch baking dish. Sprinkle with oat mixture.
- Bake 375° for 40 minutes or until apples are bubbly.

Serve Warm!

**If these Natural Ovens products are not available in your store, contact customer service.*



Recipe created by Jean Ecos, Natural Ovens Test Kitchen Specialist