

# Apple & pecan crumbles



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Preparation 40 mins | Cooking 35 mins | Serves 6

8 medium Granny Smith apples, peeled, cored and chopped

¼ cup caster sugar

¼ cup water

½ cup sultanas

Reduced fat ice-cream or cream, to serve

## Pecan crumble topping

½ cup plain flour

¼ cup brown sugar

½ tsp ground cinnamon

75g unsalted butter, chopped

½ cup pecan nuts, chopped

½ cup shredded coconut

**STEP 1** Combine apples, caster sugar and water in a large (wide) microwave safe dish. Cover and microwave on high for 12-15 minutes, stirring every 5 minutes, until golden and tender. Stir through sultanas. Set aside to cool for 15 minutes.

**STEP 2** Preheat oven to 180°C/160°C fan-forced. To make crumble topping, combine flour, sugar and cinnamon in a bowl. Rub in butter until mixture resembles coarse breadcrumbs. Stir in pecans and coconut.

**STEP 3** Spoon apple mixture into 6 x 1 cup greased ovenproof teacups or ramekins. Top with crumble topping. Place cups or dishes onto a baking tray. Bake for 20-25 minutes until hot and golden. Cool slightly and serve with ice-cream or cream.

## Good for you... APPLES

*A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep us regular. Good source of vitamin C. Among its many functions, vitamin C contributes to healthy gums. Low GI which means the natural sugars in apples are digested slowly, releasing energy gradually.*

