



Apple Pecan Crumbles

These individual-sized apple crumbles are a classic finish to your holiday meal. Add a little indulgence by topping each with crème fraiche – a little is enough – or you can skip it. They are delicious either way!

Makes 10 Servings

Ingredients

½ cup white whole-wheat flour
2 tbsp unsalted butter, cut into 4 pieces
½ cup rolled oats
2 tbsp chopped unsalted pecans
1/3 cup plus 2 tbsp evaporated cane juice
¼ tsp plus pinch of sea salt
2½ lb sweet-tart apples, peeled, cored, and thinly sliced (about 5 apples)
1 tbsp fresh lemon juice
¼ cup crème fraiche (optional)

Steps

1. Mist 10 ½-cup ramekins with cooking spray and arrange on a large, rimmed baking sheet.
2. Prepare crumble topping: In a medium bowl, combine flour and butter working butter into flour with a pastry cutter, a fork, or your fingertips until the mixture resembles a coarse meal. Stir in oats, pecans, 1/3 cup cane juice, and ¼ tsp salt. Set aside.
3. In a large bowl, combine apples, lemon juice, remaining 2 tbsp cane juice, and pinch of salt. Transfer fruit to ramekins.
4. Preheat oven to 375°F. Sprinkle crumble topping over apples and bake for 60 minutes, until fruit is tender and topping is golden brown. Set aside to cool for 10 minutes. Top each crumble with crème fraiche, dividing evenly.

Nutrition Information

180 Calories | 32g Carbohydrates | 5g Fat | 3g Saturated Fat | 4g Fibre | 2g Protein | 66mg Sodium | 20g Sugar

Source: www.cleaneatingmag.com