



10 Day Alkaline Challenge

Menu Plan - Day 4 - Recipes

Dessert

Apple Crumble

INGREDIENTS:

3 apples, peeled, cored & cubed
3 tsp unrefined sugar (I use coconut sugar)
1tbsp currants
1tsp cinnamon
1/2tsp nutmeg
25g gluten free rolled oats



METHOD:

1. Pre-heat the oven to 180C / Gas Mark 4
2. In a bowl, add the apple, 2tsp sugar, currants, cinnamon and nutmeg and toss the ingredients together until the apple and currants are well covered
3. Spoon the mixture into a baking dish and top with the rolled oats
4. Sprinkle the remaining sugar on top of the oats
5. Bake for 20 minutes or until the fruit is tender and the topping is golden

NOTE: Serve with a dollop of creme fraiche or vegan ice cream

