

Pear & apple crumble

(Serves 4–6)

Promote production of acetate and butyrate with this recipe rich in pectin.



Ingredients:

Fruit:

- 6–8 pears/apples, diced
- 1 tsp mixed spice
- 1 tsp vanilla essence

Crumble:

- 2 cups rolled oats
- ½ cup mixed nuts (almonds, pecans,

walnuts, hazelnuts), chopped

- 1 tsp cinnamon
- 1 tsp vanilla essence
- 2 tbsp butter, melted
- 1 tbsp honey

Method:

1. Preheat oven to 200°C.
2. Add apples/pears, spice and vanilla to a saucepan and add enough water to just cover the fruit.
3. Simmer on medium heat until fruit is soft (not too soft, it needs to keep its shape), approx. 6 minutes.
4. Drain the liquid and add stewed fruit to a baking dish.
5. In a bowl add oats, nuts, cinnamon, vanilla and butter and mix together well.
6. Add crumble to top of stewed fruit in baking dish.
7. Drizzle honey over the top of the crumble.
8. Bake for 15–20 minutes or until top is browned and toasted.
9. Serve with Greek yoghurt and a drizzle of maple syrup.