Whole Grain Apple Berry Crumble
Makes 9” round or 8” square pan

For the Crumble
¾ cup rolled oats
¼ cup whole wheat flour, or quinoa/millet flour for GF option
1 teaspoon ground cinnamon
2 tablespoons pure maple syrup, honey or agave
2 tablespoons unsalted butter, melted, or other neutral-flavored oil

For the Filling
4 cups diced apple
1 teaspoon lemon juice
2 cups berries, chopped if large
2 tablespoons cornstarch or arrowroot starch
Pinch of nutmeg
1 ½ teaspoon ground cinnamon
1-2 tablespoon pure maple syrup, honey or agave (depending on sweetness of berries)

1. Preheat your oven to 350 degrees and prepare a 9” round or 8” square pan by coating it oil or with nonstick cooking spray.
2. Prepare crumble; combine oats, flour, cinnamon, mix well, stir in the sweetener of choice with butter or oil, mix well.
3. Prepare the filling; combine apples with lemon juice, berries, sprinkle the cornstarch nutmeg, and cinnamon, drizzle the sweetener of choice, stir to mix well.
4. Pour the mixture into the prepared pan and sprinkle with crumble topping. Bake for 45-50 minutes, or until apples are tender. Cool to room temperature and then refrigerate for at least 2 hours for the filling to set.

You can also make individual portions in 4-6 oz ramekins, bake for 30 minutes, and then test for the softness of the apples, cook longer if desired.