

# ISLAND GROWN

---

---

## HARVEST <sup>OF</sup> THE MONTH

---

---

- October -

# CRANBERRIES

### CRANBERRY APPLE CRUMBLE

#### FRUIT BASE

**4** Granny Smith apples,  
peeled and chopped into  
bite size pieces

**2** cups fresh or frozen  
cranberries

**Zest** of one orange

**1/4** cup orange juice

**1/4** cup maple syrup

#### OAT CRUMBLE

**1** cup rolled oats

**1/2** cup oat flour

*(can make yourself by  
blending oats in blender)*

**1/2** cup almond meal  
*\*optional*

**1** tbl ground cinnamon

**1** tsp vanilla extract

**1/4** cup maple syrup

**1/4** cup melted coconut oil

**1/4** tsp salt

Grease a 9x13in baking dish and preheat oven to 350F.

Place the fruit base ingredients in a large sauce pan and cook over medium heat until apples have softened and cranberries have broken down, about 10 minutes. Spread base mixture in the prepared baking dish and set aside.

In a medium bowl mix the oats, flour, almond meal, cinnamon and salt until combined. Add the coconut oil and maple syrup and mix until combined and crumbly.

Spread the crumble mixture evenly over the fruit. Bake for 30 minutes or until crumble begins to brown. Let cool for 10 minutes before serving. Serve with a scoop of vanilla ice cream and enjoy.

*Recipe by Gabrielle Chronister*



*For more information visit*

**ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH**