

APPLE & POMEGRANATE CRISP



Moderate



35 minutes



Dessert



04-06 Servings

INGREDIENTS

3 medium apples, peeled, cored and sliced
1 medium pomegranate, peeled and seeds separated
½ cup brown sugar
1 tbsp ground cinnamon
½ tsp ground nutmeg
½ cup old fashioned oats
½ cup whole wheat flour
½ cup granulated sugar
½ cup salted butter, melted
scoop of vanilla ice



COOKING STEPS

Preheat the oven to 375°F. Lightly grease a 13 x 9 inch baking dish.

In a large bowl, mix together the apples, pomegranate seeds, brown sugar, cinnamon and nutmeg. Then carefully spread the mixture evenly into the prepared pan.

In the same bowl, mix together the oats, flour, and granulated sugar. Then mix in the butter until the mixture resembles coarse crumbs. Then sprinkle over the fruit.

Bake for approx. 45 minutes, or until the apples are soft. Remove from the oven and leave to stand for approx. 10 minutes before serving.

Serve with a scoop of ice cream.