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healthy breakfast crumble recipe

Posted in August, September, All Recipes, Summer, Autumn on 1st September 2018

A portion of this light and fruity 'crumble' will provide two of your five-a-day. It is at its best when plums and apples are peaking in August or September, but whenever you find plums which are sweet and juicy, think of making this. I first had this crumble on a raw food week – no parts of it are cooked – and I've loved it ever since: it's ideal as a light and healthy pudding, or for breakfast, to eat over a couple of days.

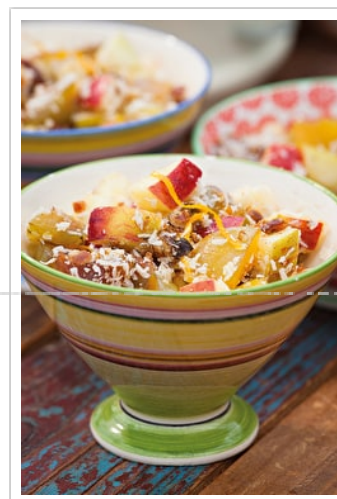
Serve with live natural yoghurt. For extra nutrition, you can add a tablespoon or two of flaxseeds to the 'crumble' top.

For 6

- 3 small dessert apples, not peeled, but cored and cut into small chunks
- 18 plums (greengages are particularly sweet and delicious), stoned and quartered
- Grated zest of 1 large orange (keep some strands of zest back for serving)
- Juice of 2 large oranges
- Grated zest and juice of 1 lemon
- 60g walnut halves (or almonds or hazelnuts)
- 60g stoned dates
- 30g desiccated coconut
- Few drops of rosewater

Put the apples and plums into a mixing bowl. Add the citrus zest and juice. Stir well and cover, then put in the fridge for 6-8 hours or overnight. Put the nuts, dates and coconut in the food processor and pulse briefly until you have a coarse mix with a texture similar to that of crumble.

To serve, spoon the nut mixture over the marinated fruit and sprinkle with a little rosewater and the remaining strands of orange zest. It will keep for 48 hours in the fridge.



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