BLOOD ORANGE APPLE CRUMBLE

INGREDIENTS

* 5 blood oranges
* 1kg Granny Smith apples
* 2 tablespoons brown sugar
* 1 1/2 teaspoons cardamom

CRUMBLE TOPPING

* 250g plain flour
* 80g rolled oats
* 125g unsalted butter, cubed
* 150g brown sugar

DIRECTIONS

Zest two blood oranges and set aside the zest. Juice the two blood oranges you have zested and also add the juice of two more blood oranges. For the final blood orange you will want to segment it and set it aside

In a large frypan, combine coconut oil and the blood orange juice and heat over medium/low heat until coconut oil has melted. Add the apples and cook gently for 5 minutes until softened. Add the sugar and cardamom to the pan and cook for a further 2 minutes. Transfer the filling to a baking dish and top with blood orange segments. set aside.

To make the crumble combine the flour, oats, brown sugar and blood orange zest in a large bowl and mix until well combined. Add the butter and rub it in with your fingertips until the mixture resembles coarse breadcrumbs. Sprinkle the crumble topping evenly on top. There is enough crumble mixture to have a thick layer on one crumble or a thinner layer on two crumbles. You can freeze any leftover crumble mix until you have enough fruit to make another one.

When ready to cook, preheat oven to 180°C and cook for 30 minutes or until the crumble topping is golden. Serve warm with thick cream or ice cream.