



Baked Apple & Pear Crumble (No Added Sugar)

Why This Works for October

October brings crisp apples and juicy pears into season. This crumble is naturally sweet, warming, and free of refined sugar, dairy, gluten, and chemical additives. It's comforting but gentle - perfect for cooler evenings.

Ingredients (Serves 4–6)

Fruit base

- 2 medium apples (peeled, cored, sliced thin)
- 2 medium pears (peeled, cored, sliced thin)
- 1 tbsp fresh lemon juice (optional, prevents browning)
- 2 tbsp water

Crumble topping

- 1 cup rolled oats (certified gluten-free if needed)
- ½ cup almond flour (or ground sunflower seeds for nut-free)
- 2 tbsp coconut oil (or olive oil, cold-pressed, mild flavour)
- 2–3 tbsp maple syrup (optional, adjust to taste)

- ½ tsp ground cinnamon (gentle and natural, omit if a trigger)

Instructions

1. **Preheat the oven** to 350°F (175°C). Lightly oil a small glass baking dish.
2. **Prepare fruit**
 - Place sliced apples and pears into the dish.
 - Sprinkle with lemon juice and add 2 tbsp water to keep them moist.
3. **Mix crumble topping**
 - In a bowl, combine oats, almond flour, oil, maple syrup, and cinnamon.
 - Stir until crumbly and slightly sticky.
4. **Assemble & bake**
 - Spread topping evenly over the fruit.
 - Bake uncovered for 25-30 minutes, until the fruit is tender and the topping is lightly golden.
5. **Cool & serve**
 - Let rest for 5-10 minutes before serving.
 - Best enjoyed warm on its own, or with unsweetened coconut yogurt for creaminess.

Tips for People with MCS

- **Fruit safety:** Wash thoroughly and peel apples/pears to reduce pesticide residue.
- **Sweetness:** Maple syrup is optional - fruit is naturally sweet.
- **Oil choice:** Stick with cold-pressed oils; avoid butter or margarine that may have additives.
- **Storage:** can be kept in the fridge for 2-3 days in a glass container; reheat gently before eating.