

Caramelised Apple and Pear Quinoa Crumble



Serves	3
Prep time	25 minutes
Cook time	30 minutes
Total time	55 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert
Misc	Child Friendly , Pre-preparable , Serve Warm

Ingredients

For the filling:

- 3 Medium Red or Golden Delicious apples (peeled, cored and diced)
- 3 Medium pears (peeled, cored and diced)
- 2 tablespoons butter or Nuttalex
- 2 tablespoons brown sugar

For the topping:

- 1 1/2 cups quinoa flakes
- 4 tablespoons butter or Nuttalex
- 1/2 cup brown sugar

To serve:

- Vanilla custard or ice cream

Additional for greasing:

- Butter or Nuttalex

Directions

1. Preheat the oven to 180°C and lightly grease a medium sized oven-proof dish.
2. Heat a frying pan over medium heat. Add the butter or Nuttalex and let it melt.
3. Add the apples and pears and coat in the butter/Nuttalex.
4. Add the brown sugar and stir through.
5. Cook for approximately 10 minutes, stirring occasionally, until the fruit has softened and is turning brown. Transfer to the greased dish.
6. In a small bowl combine the quinoa flakes, butter/Nuttalex and brown sugar for the topping.
7. Spread the topping over the fruit.
8. Bake in the oven for about 30 minutes until crisp and brown.
9. Serve warm with custard or ice cream.

Note

Moderate Salicylates, Low Amines, Low Glutamates, Dairy-free (if using Nuttalex), Gluten-free

For a Low Chemical / Failsafe version use pears only and/or [poached chokos](#) instead of apples.