

Apple Pear and Almond Cardamom Crumble

Ingredients

Crust

- 1 ½ cup almond flour
- 3 Tbsp unsalted butter
- 3 Tbsp unpasteurized honey

Filling

- 4-5 fresh ripe pears
- 1-2 fresh ripe apples
- 1 tsp ground cinnamon
- 1 ½ tsp ground cardamom

Topping

- ½ cup almond flour
- ¼ cup honey (heated)
- 2 Tbsp coconut oil
- ¾ cup whole almonds
- ¼ tsp almond extract

Directions

Crust

1. Preheat oven to 350°F and grease a 9-inch pie plate
2. Melt butter and mix with almond flour and honey
3. Gently spread crust mix in pie plate, this should form a very thin layer
4. Bake for 10 minutes or until the edge of the crust begins to brown
5. Allow to cool for about 10 minutes before adding filling

Crumble

1. Core pears and apples and slice into small cubes
2. Add cinnamon and cardamom to pears and mix well
3. Add fruit to pie plate

Topping

1. Heat honey over medium heat until it becomes runny
2. Mix into the almond flour and coconut oil while still warm
3. Pulse whole almonds with a hand blender or food processor until roughly chopped
4. Stir almonds into topping mixture.
5. Sprinkle topping over pears evenly
6. Bake for 25-30 minutes or until the topping is golden brown and fruit is soft and/or bubbling
7. Eat!!