Snack

Oat Crumble Fruit Cobbler with Cinnamon and Ginger

Sliced apples and pears bake together with cranberries and pitted cherries under a crunchy oat and almond topping. Cinnamon, ginger, and orange zest warm the filling, while pure maple syrup sweetens the crumble for a cozy baked dessert.



Vegan | Dairy free

65 min	170	25 g	11 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 6 med apple and/or pears (peeled, cored, and sliced)
- [ ] 1 cup cranberries and/or pitted cherries (fresh or frozen)
- [ ] 1 tbsp arrowroot powder
- [ ] 2 tsp ground cinnamon (divided use)
- [ ] 1 tsp fresh ginger (grated)
- [ ] 1 tsp orange zest (freshly grated)
- [ ] 1 cup almond flour
- [ ] 2 cup old-fashioned rolled oats (gluten-free)
- [ ] 1/2 cup whole wheat flour
- [ ] 1/4 cup pumpkin seeds (unsalted, toasted)
- [ ] 1/4 cup almonds (raw, sliced)
- [ ] 1/4 tsp fine sea salt
- [ ] 2 tbsp canola oil
- [ ] 1 tbsp extra virgin olive oil
- [ ] 1/3 cup pure maple syrup (preferably grade B)

Nutrition Facts

Per serving

Calories	**170**
Total fat	8 g
Saturated fat	0.5 g
Sodium	35 mg
Total carbs	25 g
Fiber	4 g
Total sugars	11 g
Protein	4 g

Method

- [ ] 1 Heat the oven to 350°F before anything else so it reaches temperature while you assemble the cobbler.
- [ ] 2 Start the filling by adding the sliced apples, pears, cranberries, and pitted cherries to a medium bowl, then sprinkle over the arrowroot powder, 1 tsp of the ground cinnamon, the grated fresh ginger, and the freshly grated orange zest, stirring until every piece of fruit is coated.
- [ ] 3 Transfer the coated fruit to an 8 x 12-inch baking dish and spread it out over the base.
- [ ] 4 For the topping, whisk the almond flour, rolled oats, whole wheat flour, pumpkin seeds, sliced almonds, the other 1 tsp of ground cinnamon, and the sea salt in a separate medium bowl until blended.
- [ ] 5 Pour in the canola oil, the extra virgin olive oil, and the maple syrup, mixing until the whole mixture is evenly moistened.
- [ ] 6 Scatter the crumble in clumps across the fruit, covering the surface from edge to edge.
- [ ] 7 Bake for 40 minutes, until the top has browned and the fruit bubbles around the edges of the dish.
- [ ] 8 Let the cobbler rest out of the oven for 10 minutes before serving.

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