

## *Gluten Free Apple and Pear Crumble*

*5 Apples*

*3 Pears*

*1 teaspoon Ground cinnamon*

*1 cup Buckwheat flakes*

*1 cup chopped pistachio nuts*

*1/3 cup of coconut oil*

*Pre-heat oven to 180° C.*

*Lightly grease an oven- proof dish.*

*Peel the apples and pears and slice them into slices about 2mm thick. Sprinkle with cinnamon. Mix the cinnamon evenly into the fruit. Sprinkle about 3 tablespoons of water over the fruit.*

*In a separate bowl prepare the crumble. Combine the buckwheat flakes, pistachio nuts and coconut oil. Mix thoroughly until you have a coarse crumble. Spread the crumble over the fruit.*

*Place it into the oven until the fruit is soft and the crumble has formed a golden crust.*

*Serve with whipped cream (for those not intolerant to dairy) or dairy free custard.*