

## Peach almond crumble

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One of my guilty pleasures is to make a crumble for dessert and then eat the leftovers for breakfast the next morning.

While people often think of a crumble as an autumn or winter dessert, I also like to use stone fruits in the warmer months.

Ingredients (serves 4 to 6)

- 4-5 large ripe [peaches](#), stones removed and flesh diced
- 2½ tbsp brown or rapadura sugar\*
- 100g (1 cup) rolled [oats](#)
- 50g (1/3 cup) wholemeal (whole-wheat) plain (all-purpose) flour
- 50g flaked [almonds](#)
- 2 tbsp desiccated (shredded) coconut
- ½ tsp ground cinnamon
- 80g butter, diced
- Plain [yoghurt](#) (optional), to serve

### Method

Preheat the oven to 180°C.

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Place the peaches in a one litre (4 cup) capacity ovenproof dish. Toss through one tablespoon of the sugar. Set aside.

In a mixing bowl, combine the rolled oats, flour, almonds, coconut, cinnamon and remaining sugar. Using your fingertips, rub in the butter until well combined. Sprinkle the crumble over the peaches and bake in the oven for 20 to 25 minutes, or until the crumble is golden and the peaches are tender. Serve warm on its own or with yoghurt.

\*Rapadura sugar comes from the dried whole natural juice of the sugar cane. Because it's not separated from its molasses content, it retains its natural nutrients. Brown sugar, on the other hand, typically has the molasses stripped out and then some of it is added back in. It also tends to be cheaper and more readily available. Nutritionally, the difference between them is not immense, but if you want a less processed sugar, rapadura is a good option. When purchasing, take note of its country of origin. It can be difficult to source local rapadura sugar, so you might prefer to choose brown to avoid using an imported product.

Recipe and images from *Something for Everyone* by [Louise Fulton Keats](#)

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