

Apple Crumb Unleavened Bread



The crunch, the sweetness, the tang and satisfaction. This bread is a recipe of my own that I love to share with you all. Apple is a wonderful addition to Unleavened Breads. It adds softness, tanginess, sweetness and just oh la la. Paired with mixed spice and an ancient grain known as Spelt and luxurious vegan butter which contain shea, almon, carrot and lemon juice, this is a winner and guest pleaser. Enjoy.

Serves 16 - 25

Ingredients

Crumble:

50g Jaggery Powder or Light Muscovado Sugar 150g White Spelt Flour

150g - 200g Plant Based Butter**

Apple Unleavened Bread:

250g Jaggery Powder or Light Muscovado Sugar

225g Plant Based Butter**¹

3 Eggs**²

250g White Spelt Flour

1 / 2 tsps. of Mixed Spice

1 Apple

Instructions:

1. Preheat your oven to 150 degrees or 3 for gas mark. Prepare a medium sized dish around 25cm x 25cm is a good medium sized dish and lightly rub or coat it with oil or butter.
2. Prepare and measure ingredients for the Crumb/Crumble that will go on top last.

¹The Plant Based Butter that was used is called Naturli.

² To replace eggs, use 3 mashed bananas which will add a much more beautiful flavor. My oh my! Will still be moist and lovely.

Sarah

3. With gloves on, combine all ingredients together ensuring to crumble and crinkle them with your fingers, in between your fingers. This should take 7 - 10 minutes as plant-based butter melts very fast. Once completed, set aside in your fridge.
4. Prepare and measure all ingredients for the Apple Unleavened Bread. Starting with the sweetener and butter, use an electric whisk to cream them.
5. Then add in the eggs, whip and whisk until glossy!
6. In goes your mixed spice and beautiful ancient grain, white spelt flour. Begin to fold every slowly with a rubber spatula.
7. Wash your apple, then peel it and then chop it into cubes and add it to the batter. Fold until well combined.
8. Add the batter into the dish and cook for 40 minutes. Check In the centre of the bread to see if it is baked by using a skewer. If it is still a little wet, leave in for 5 - 10 minutes and check again.

It should be good to go.

Thank you.....



Enjoy!

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