Ellagic acid Crumble

Ellagic acid is a polyphenol found in fruits and vegetables, especially berries like raspberries, strawberries, and pomegranates. It's known for its antioxidant and anti-inflammatory properties. It may have particular benefit for people with Down Syndrome as research (in a Petrie dish) suggests it may impact the 'JAK pathway' which appears to be closely involved in immune responses and inflammation in Down Syndrome.

INGREDIENTS

3-5 green apples
1.5C mix of frozen raspberries & blackberries
1 Tbs mixed spice (and 1 tsp of ground cloves if you have)
1C walnuts, roughly chopped
1/2C rolled oats
100g chilled butter, in cubes
8-12 dates (more or less depending on sweet-buds)
Optional: 2 squares dark chocolate (85%)
Optional: 2T shredded coconut & 1T raw sugar

METHOD

1. Slice the apple to roughly one-inch cubed pieces and place directly into a greased 'pie' serving dish (roughly 20-25cm diameter).
2. Add the frozen berries, mixed spice and cloves and stir through evenly with spoon.
3. Add a dash of water to the dish (roughly 1tbsp) and put in oven at 170C for around 20-30 minutes to soften the fruit.
4. While the fruit is cooking, prepare the topping. Put walnuts, oats, butter cubes, dates and chocolate into a blender and pulse briefly until it's like chunky sand that is just holding together. If it isn't holding together add a dash of water or olive oil to moisten slightly and mix through.
5. Remove cooked fruit from oven and spread the topping mixture across the top of the fruit, pushing down with the back of a spoon gently.
6. Sprinkle extra coconut/raw sugar over the top for appearance or a bit of extra sweetness (if needed).
7. Put back in the oven and cook for c.15-20 minutes at 180C until the topping is lightly browned.

TIPS, TRICKS & MESS MANAGEMENT

- ❑ We have this for breakfast (with yoghurt), lunchboxes (with yoghurt) and dinner dessert (with cream) in our house.
- ❑ **For gluten free,** leave out the oats and swap with ground flaxseed, almond meal or similar.
- ❑ Add 1tsp of freeze dried Kakadu plum to the mixture at step 2 if you have it.

TIME: 10 minutes **MESS LEVEL:** Low