



# Pear and chocolate crumble

This is a variation of the classic crumble made using macadamia nut oil, which is rich in healthy monounsaturated fats.

🕒 Prep time 5 - 10 mins   🍳 Cooking time 20 mins   👤 Serves 2 generously  
Dairy-free (if using dairy-free dark chocolate), vegetarian, vegan

## Ingredients

- 2 ripe pears
- ¼ cup wholemeal flour
- ¼ cup of coconut
- ¼ cup of rolled oats
- ½ teaspoon ground cinnamon (or mixed spice)
- 1 dessertspoon of pure maple syrup
- 2 dessertspoons of macadamia nut oil
- 4 squares of good quality dark chocolate

## Method

Slice pears and arrange in casserole dish. Break up the chocolate into small pieces and place on top of pears. Mix the dry ingredients together. Add the oil and maple syrup and rub in well with your fingertips to evenly distribute the ingredients, so the mixture resembles a crumble.

Sprinkle crumble topping over the pears and bake in oven 180 degrees for 20 minutes. If the crumble seems a bit dry, stir the pears and crumble before eating. Serve hot (with yoghurt if desired).



Recipe by  
**Sandra Vilella**  
Jean Hailes  
Naturopath



## Nutritional information

The recipe uses macadamia nut oil instead of butter. Macadamia nut oil is rich in monounsaturated fats instead of the saturated fats found in butter, as used in traditional crumble recipes. In fact macadamia nut oil can be used as a substitute for butter in cakes and muffins – generally use about 1/3 less oil than the stated butter quantity. The coconut does contain saturated fat, although new findings suggest it contains medium chained fatty acids which could possibly be beneficial for us. You can, if you prefer, substitute freshly ground almonds instead. There is very little added sugar (maple syrup) needed in this recipe as pears are naturally sweet (and of course the chocolate is too).