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BIOSÜDTIROL

Apple Strudel in a Glass

Preparation: Preparation time: about 20 min, plus 10 min baking time
Difficulty: Difficult

Ingredients (Preparation time: about 20 min, plus 10 min baking time)

Ingredients for about 5 glasses or 9 small glasses
For the apples
3 apples Fuji (about 1100 g)
150 ml water
3 cloves
70 g sultanas
2 tbsp rum
1/2 tsp grated lemon zest
1 tbsp lemon juice
1 tsp Ceylon cinnamon

For the nut brittle
70 g walnuts
1 tbsp (25 g) coconut oil
2 tbsp (30 g) maple syrup or date syrup
1/2 tsp Ceylon cinnamon

For the crumbs
70 g buckwheat flour
70 g whole wheat or spelt flour

65 g date syrup
50 g olive oil
40 ml water
1/2 tsp Ceylon cinnamon
Pinch of salt

Preparation

For the apples
In a small bowl, mix the sultanas with the rum.
Cut the apples into small pieces. Feel free to use the peel as it is full of healthy nutrients. Bring to a simmer in a pot with water, cloves (best to boil them in a tea infuser), lemon juice, and lemon zest. Cover and let simmer over low heat for about 7 minutes (on my stove, setting 4+ out of 9, with 9 being the hottest). Remove the cloves. Add the sultana-rum mixture to the apples and simmer for 1 minute. Add the cinnamon and turn off the heat.

For the nut brittle
Roughly chop the walnuts. Heat the coconut oil and maple syrup in a pan and stir in the walnuts. Be careful not to let the mixture burn. Let caramelize for about 1 minute and then remove from the heat.

For the crumbs
Preheat the oven to 200°C, conventional mode. Line a baking sheet with parchment paper.
Blend the date syrup to remove any lumps. Mix the flours with the date syrup. Knead the oil into the dough, then add the water and salt and mix well.
Form crumbs with your hands and place them on the baking sheet. Bake on the middle rack for about 10 minutes.

Mix about 2 tbsp of apple pieces, 1 tbsp of walnut brittle, and 1-1.5 tbsp of crumbs in a small bowl. Fill this mixture into small glasses. Enjoy warm or cold. Serve with a smile!

Sissy's suggestion

This mixture also tastes wonderful in oatmeal and warm milk as a winter breakfast!