

Apple Crumble

A real heimische treat, light and full of flavor.

- 6 tart apples, peeled and sliced

CRUMBED TOPPING:

- 1 cup sugar
- ½ cup oil
- 1 teaspoon cinnamon
- 1 cup flour

Scatter sliced apples on 9-inch round or square greased baking pan. For crumbed topping, mix together the sugar, oil, cinnamon, and flour. Sprinkle evenly on top of apples. Bake in a preheated 350° oven for one hour. Serve warm or cold.



Cinnamon Infused Honey

Ingredients:

- 1 cup good quality pure floral honey
- 5 sticks cinnamon

Directions:

1. Add honey and cinnamon sticks to a pot and warm over low heat. Make sure the honey does not come to a boil (you'll lose some of its health benefits and it will also create a huge mess if it boils over). Cook for 10 minutes, stirring occasionally.
2. Remove honey from heat and set aside to cool. While the honey is still warm, pour it into a glass jar with a few of the cinnamon sticks. The longer the honey sits, the more of a cinnamon flavor it will take on. You can taste it periodically and remove the cinnamon sticks once the honey has reached your desired taste.

Variation: You can infuse honey with all different herbs and spices including vanilla, rosemary, thyme, cloves, cardamom, chamomile, lavender, rose petals, lemon or even chilies. Use approximately ½ cup herbs (unless they are very pungent) to 1-2 cups honey. Strain the honey from the herbs or spices when you are done steeping.

