

Plum Crumble

- by Healing Family Eats

freezing the shortening beforehand ensures the fat stays in clumps and creates a lovely buttery, crumbly textured topping.

(serves 4-6)

800g prune plums, halved and stoned
3/4 cup (100g) coconut flour (I use [this one](#))
4 large (80g) medjool dates, pitted and roughly chopped
100g palm shortening, frozen for 15 mins or so in small cube like pieces (I use [this one](#))
slightly rounded 1/2 cup (50g) finely shredded coconut (I use [this one](#))
1/4 tsp cinnamon powder (I use [this one](#))
large pinch salt (I use [this one](#))

Preheat the oven to 350°F/180°C. Place the plums into a 10" x 7" x 2" baking dish or equivalent capacity.

Put the coconut flour and dates into a food processor and whizz for 20-30 seconds until the dates are broken down into small crumb sized pieces. Add the remaining ingredients and pulse a few times until combined and the shortening resembles small pebbles. You want the texture to be exaggeratedly crumbly, as opposed to fine and cakey.

Put the crumble over the plums and use a fork to cover in a rustic, haphazard fashion. It really doesn't matter if some of the plums are peeking through the topping, in fact I like to leave it that way to allow the juices to bubble through the gaps. Cook for about 35 minutes, until the juices are bubbling and the plums are tender when pierced with a knife.

Serve with [ice cream](#) or [whipped vanilla coconut cream](#) or my favourite, pure unadulterated [coconut milk](#) from an unshaken container.

