

# Alkaline Diet Recipe: Spiced Pear & Apple Crumble



If you found yourself feeling guilty reading my list of [the 7 most acidic, harmful foods you can eat](#), I've got good news for you.

I've been there, I beat those habits and you can too. It all comes back to replacing acidic foods with alkaline ones you enjoy. So today, I've got a great recipe to do just that for you.

Since the first 4 foods on the list are all sweet, I wanted to give you a recipe where you can indulge your sweet tooth the alkaline way. This pear and apple crumble is plenty sweet without adding any sugar, and the spices give it a delicious taste that's going to leave you wanting more.

So give this a try and let me know what you think over [on Facebook](#).

## SPICED PEAR & APPLE CRUMBLE

Serves 2

### INGREDIENTS

1 tbsp. coconut oil  
1 green apple, sliced  
1 pear, sliced  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1/4 cup gluten-free rolled oats  
1/4 chopped raw almonds



### DIRECTIONS

In a sauté pan, heat coconut oil and add the <sup>L</sup><sub>SEP</sub>sliced apples, pears, cinnamon and nutmeg and cook until fruit is tender – about 5 minutes.

Spoon the fruit into 2 bowls and top with oats, almonds and a little more cinnamon.

Enjoy!

Want more recipes like this one?

The [Get Off Your Acid 7-Day Cleanse](#) is filled with ideas that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!

