

# CreakyKitchen

Cooking tips for the chronic disease community



## RECIPE

### APPLEBERRY SLUMP WITH DROP DUMPLINGS

#### INGREDIENTS

##### For the Slump:

- 1 Cup H<sub>2</sub>O
- 4 – 5 Apples (I used 2 sweet, 3 tart) peeled, cored and chopped
- ½ Pint blueberries (fresh or frozen)
- ½ Pint cranberries (fresh or frozen)
- 2/3 Cup sugar
- ½ Tsp cinnamon
- ¼ Tsp nutmeg
- ½ Tsp good vanilla extract

##### For the Dumplings

- ¾ Cup flour
- ¼ Cup sugar
- 1 Tsp baking powder
- ¼ Tsp cinnamon
- Pinch nutmeg
- 3 Tbs butter (diced & cold)
- 1/3 Cup milk
  
- Ice cream (optional)

## EQUIPMENT

3 qt Saucepan

Mixing bowl

Pastry cutter (or two forks)

Spring ice cream scoop

## DIRECTIONS

1. In a saucepan combine all ingredients for the slump and bring to the boil
2. Reduce heat to medium-low and cover
3. In a mixing bowl combine the dry ingredients for the dumplings
4. Cut the butter into the dry ingredients using a pastry cutter or two forks, until the mixture looks like coarse crumbs
5. Add milk and stir just until the mixture is moist
6. Scoop the dumpling batter on top of the hot slump (which will be a lovely color from the cranberries and blueberries)
7. Cover and simmer for about 15-20 minutes (you'll see them puff up). A toothpick should come out clean to indicate when they're done.
8. Serve warm and top with ice cream (optional). Yum!!