

Apple Crumble

INGREDIENTS (serves 4)

- 125g wholemeal plain flour
- 25g olive based margarine
- 4 dessertspoons porridge oats
- 4 teaspoons caster sugar
- 2 Bramley or 4 dessert apples – cored and sliced
- 60ml water or orange juice
- ¼ teaspoon ground cinnamon



EQUIPMENT

- mixing bowl, weighing scales, dessertspoon, teaspoon, table knife, chopping board, peeler, sharp knife, tablespoon, medium ovenproof dish

METHOD

1. Heat the oven to 180°C/Gas 4.
2. Place the flour and margarine in a mixing bowl. Using a table knife cut the margarine into small pieces and then rub in until the mixture resembles breadcrumbs. Then add the oats and sugar, mix together and set aside.
3. Place the apples in the ovenproof dish. Pour over the water or orange juice and add a sprinkling of cinnamon (if using).
4. Scatter the crumble mixture evenly over the fruit (do not press it down).
5. Bake for 20-25 minutes until golden-brown and the fruit is soft. Serve with custard or crème fraiche.

TIME SAVER!

Why not use half a bag (250-300g) of frozen sliced apples or mixed berries instead! They are often cheaper, jam packed with nutrients and you can use the rest for another time!

ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten, Milk

