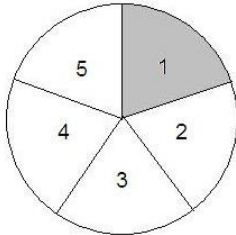


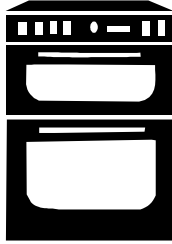
Apple Crumble

Serves 4

Portions of fruit & vegetables per serving: 1



Oven needed



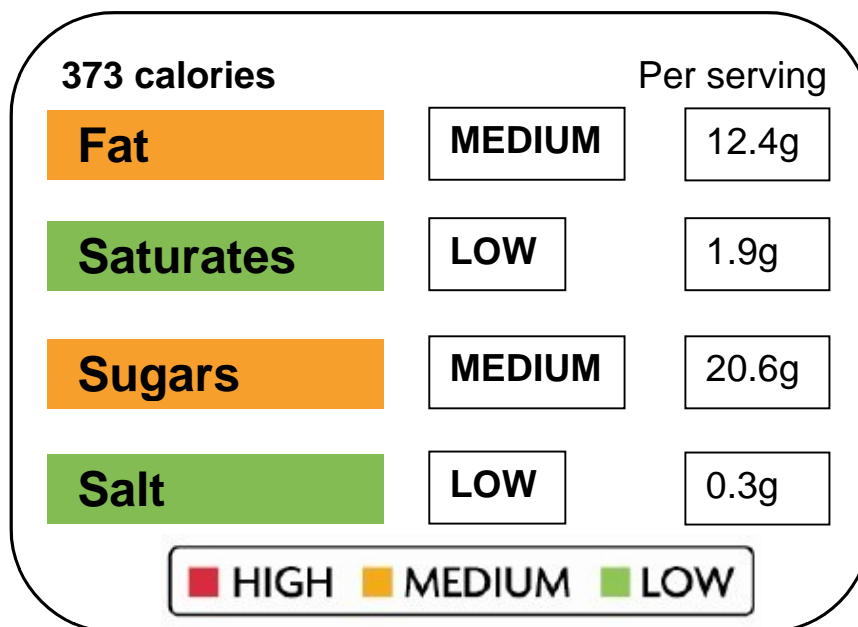
Ingredients	Amount	Preparation
canned apples (in fruit juice) or fresh apples	450g (1lb)	peeled and sliced (if fresh)
plain flour	150g (5oz)	
porridge oats	75g (2½oz)	
margarine	65g (2¼oz)	
sugar	25g (1oz)	

Please Turn Over



Method

- 1 Preheat the oven to gas mark 6 / 200°C / 400°F.
- 2 Place the prepared apples in a casserole dish.
- 3 Put the flour and oats into a mixing bowl, and rub in the margarine with your fingers until it looks like breadcrumbs.
- 4 Stir the sugar into the crumb mixture.
- 5 Spoon the crumble mix onto the fruit.
- 6 Bake in the oven for 20-30 minutes until the top is light golden brown.



Handy Hints

- Serve with yoghurt or low fat custard.
- Try using ½ wholemeal and ½ white flour, this adds more fibre to the dish – tastes good too!
- Try using other fruits e.g. mango, pears, peaches, raspberries, sultanas.
- Try adding ½ teaspoon of cinnamon or mixed spice for extra flavour.

