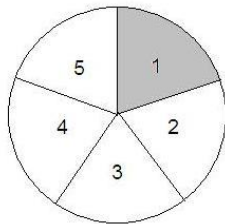


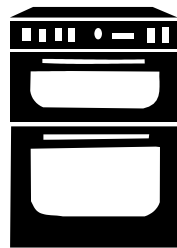
Apple Crumble

Serves 4

Portions of fruit & vegetables per serving: 1



Oven needed



Allergen information:

Allergens are in bold.

Contains cereals

containing gluten

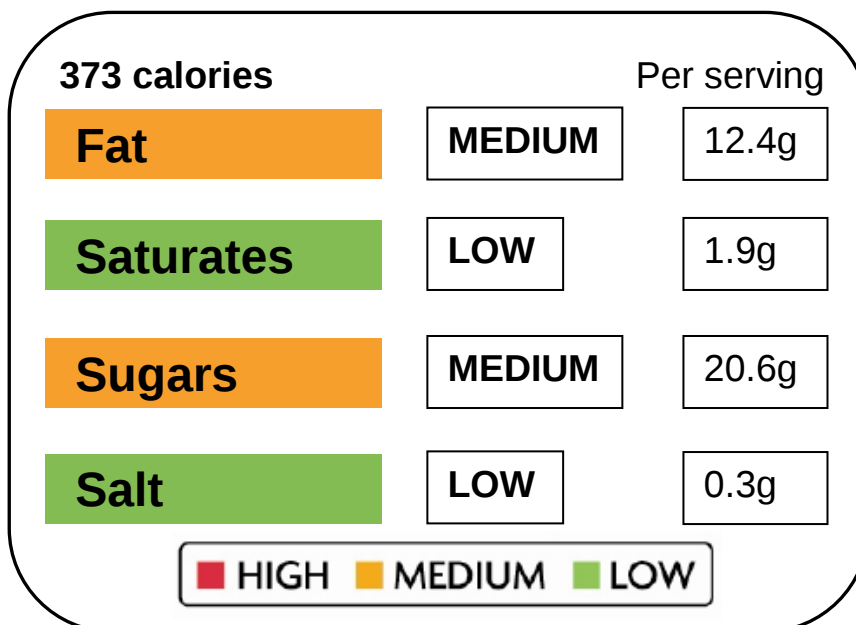
May contain milk

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 $\frac{1}{2}$ wholemeal and $\frac{1}{2}$ 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 $\frac{1}{2}$ teaspoon of cinnamon or mixed spice for extra flavour.