

Apple Crumble

Ingredients (Serves 6-8)

225g (8oz) plain flour
115g (4oz) sunflower spread
55g (2oz) porridge oats
55g (2oz) sugar or granulated sweetener

900g (2 lb) Bramley apples or (2 tins of apple)
1 lemon or orange
55g (2 oz) sugar or granulated sweetener

Method

1. Pre-heat the oven to 190°C/ 375°F/ Gas 5.
2. Peel, core and slice up the apple into chunks. Cut the rind of the lemon or orange into pieces.
3. Put the apple and rind into a saucepan with a little water, and cook over a low heat until soft. Remove the rind. Add the sugar to sweeten, and put into an ovenproof dish.
4. For the crumble topping, rub together the flour and sunflower spread in a mixing bowl until the mixture resembles fine breadcrumbs. Stir in the porridge oats and sugar.
5. Place the cooked apples in the base of a lightly greased heatproof bowl. Sprinkle over the crumble topping and level the surface.
6. Place in a pre-heated oven for 35-40 minutes, or until the topping is golden.
7. Serve hot or warm with natural yoghurt, or custard made with skimmed milk.

Handy Hints

Use wholemeal flour to make pastry or biscuits with extra fibre. For a change use peeled and chopped pears. If fresh fruit is difficult to obtain use-canned fruit in juice, drained. For extra flavour and texture sprinkle 1 teaspoon (5ml) of ground cinnamon and 50g (2oz) Californian seedless raisins over the apples before covering with the crumble topping. Freeze the Crumble on the day of making and use within one month.