

Microwave Apple Crumble



Ingredients

500g (1lb) cooking apples
75g (3oz) sugar
100g (4oz) plain flour
50g (2oz) butter or margarine
50g (2oz) oats
pinch of cinnamon

Equipment

Chopping board, knife, mixing bowl,
microwavable baking dish and
microwave oven.

Method

1. Peel, core and slice the apples.
2. Place the apples in a dish, sprinkle with 50g (2oz) sugar, and microwave on full power for 4 minutes.
3. Rub the butter or margarine into the flour, until it resembles breadcrumbs.
4. Stir in the remaining sugar and oats.
5. Spread the mixture over the apple slices.
6. Microwave on full power for 5-6 minutes.

Nutrition Information

Microwave Apple Crumble	per 100g	per recipe	per portion ($\frac{1}{4}$ recipe)
Energy (kJ)	743	5778	1444
Energy (kcal)	178	1381	345
Protein (g)	2.2	17.3	4.3
Fat (g)	6.0	47.0	11.8
of which saturates (g)	0.5	3.9	1.0
Carbohydrate (g)	30.6	237.8	59.4
of which sugars (g)	16.1	125.2	31.3
Fibre (g)	1.9	14.5	3.6
Sodium (mg)	56	434	108
Salt (g)	0.1	1.1	0.3

Notes

Key Messages

Healthy eating

- Oats are a good source of fibre.
- Use a variety of different fruit, e.g. pears, plums, gooseberries and rhubarb.
- Foods high in fat and sugar should only form a small part of your diet.
- To reduce the sugar content, use a sugar substitute which is suitable for baking (or use half and half).

Money

- Cooking apples work best in this recipe and can be cheaper than standard eating apples.

Food safety

- Make sure hands are thoroughly clean before rubbing the margarine into the flour.