

Recipe
11

Serves
4

Fruit Crumble



Ingredients

500g (1lb) cooking apples
75g (3oz) flour
25g (1oz) oats
100g (4oz) sugar
50g (2oz) butter or margarine,
 $\frac{1}{2}$ x 5 ml spoon ($\frac{1}{2}$ teaspoon)
cinnamon

Equipment

Mixing spoon, one large or four small baking dishes, chopping board, knife, mixing bowl and vegetable peeler.

Method

1. Preheat the oven to 190°C or Gas Mark 5.
2. Rub the butter or margarine into the flour.
3. Stir in 75g of the sugar and all the oats.
4. Peel and core apples.
5. Slice the apples and lay these in a baking dish (or small dishes).
6. Sprinkle the remaining sugar on top, with cinnamon (optional).
7. Cover with the crumble mixture and bake in the oven for 40 minutes.

Nutrition Information

Fruit Crumble	per 100g	per recipe	per portion ($\frac{1}{4}$ recipe)
Energy (kJ)	721	5427	1357
Energy (kcal)	172	1297	324
Protein (g)	1.6	12.1	3.0
Fat (g)	5.9	44.8	11.2
of which saturates (g)	3.5	26.2	6.6
Carbohydrate (g)	30.1	226.3	56.6
of which sugars (g)	20.0	150.9	37.7
Fibre (g)	1.6	12.0	3.0
Sodium (mg)	44	329	82
Salt (g)	0.1	0.8	0.2

Notes

Key Messages

Healthy eating

- The oats in the crumble provide fibre.
- Use different fruit, such as blackberries, rhubarb or plums.
- Foods high in fat or sugar should only form a small part of your diet.
- To reduce the sugar content of this recipe, use a sugar substitute which is suitable for baking (or use half and half).

Money

- Use fruit in season when it will be at its cheapest.
- Use frozen fruit, so you can use what you need and store the rest for later use.

Food safety

- Wash and peel the apples before using.
- Wash hands thoroughly before rubbing the butter or margarine into the flour.