

APPLE CRUMBLE



QUICK

Takes 15 mins
prep time plus
cooking time

HEALTHY

Apple contains fibre which is
needed to keep your
digestive system working
smoothly

FAMILY



MEALS

Delicious served
alone, with yoghurt,
custard or ice cream

INGREDIENTS

- 1.25 kg cooking or eating apples
- 200ml water
- 100g butter/dairy free spread
- 75g soft brown sugar
- 150g wholemeal plain flour
- 125g oats

Optional

- Zest ½ lemon
- 100g raisins
- 1 tsp cinnamon
- 250g rhubarb/blackberries

METHOD

- 1) Put the oven onto 180° C
- 2) Put 200ml water into a saucepan and bring to the boil.
- 3) Peel, core and dice the apples into bite sized chunks, add to the saucepan of water after cutting ¼ of the apples.
- 4) Cover and reduce to a simmer. Keep adding the apples as you go along (so some are chunkier in the crumble)
- 5) Once all apples are added, cook for another minute then turn off heat
- 6) Rub your butter into the flour, then stir in the sugar & oats
- 7) Add raisins, lemon zest or cinnamon to apples if using
- 8) Pour apples into an ovenproof dish (approx 22x27cm)
- 9) Sprinkle the crumble mix over
- 10) Cook for 35-40 mins at 180° C until the top is golden brown
- 11) Serve



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To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com