



# AUTUMN CRUMBLE

SERVES 4

## INGREDIENTS

2 large cooking apples  
150grms blackberries OR fruit of your choice  
500grms plums/damsons/rhubarb  
15ml (1tbsp) sugar  
200grms plain flour  
100grms margarine/butter  
50grms sugar  
50grms rolled oats  
2.5ml (1/2tsp) cinnamon

## METHOD

1. Set oven to 190c/gas mark 5.
2. Prepare fruit. Cook in pan with 2 tbsps. water and sugar for 1-2 mins.
3. Place fruit in oven proof dish
4. Sieve flour in mixing bowl, rub fat into the flour using fingertips until mixture resembles breadcrumbs.
5. Stir in sugar, rolled oats and cinnamon
6. Spoon crumble topping over fruit and level using a fork, do not press down.
7. Place dish onto a baking tray and bake for 20-25mins until golden brown.
8. Serve with custard.

Cooked apples offer fibre and vitamin C for your diet and blackberries are packed with vitamin C so combine them for this recipe for a nutritious pudding. Oats are one of the healthiest grains offering vitamins and fibre so ideal to add to this crumble topping

