



## APPLE CRUMBLE – SERVES 4



A super easy apple crumble which is guaranteed to be a family favourite- sweet, warm apples topped with a crunchy, golden, crumbly top.

### INGREDIENTS

¼ cup wholemeal flour  
¼ cup rolled oats  
2 tbsp light muscovado brown sugar  
¼ cup (23g) cold butter  
2 large apples  
1 small orange  
Large pinch of ground cinnamon

### ALLERGENS

Contains gluten & dairy

### DIETARY COMPONENTS

Apples are packed with vitamins, antioxidants and fibre, and are a favourite when it comes to healthy snacks. Aim to eat at least 5 portions of fruit and vegetables per day- this can include fresh, frozen, tinned and dried fruit and veg.

### EQUIPMENT

Weighing scales  
Measuring cups  
Measuring spoons  
Mixing bowl  
Prep knife  
Apple corer  
Chopping board  
Spoon  
Oven-proof dish

### METHOD

1. Pre-heat the oven to 190°C, gas mark 5.
2. Measure the flour, oats and sugar into the mixing bowl.
3. Measure the butter and chop into small cubes, add to the mixing bowl. Rub the butter into the dry ingredients using your fingertips until the mixture resembles an even crumb.
4. Core the apples. Chop into cubes roughly 3 cm in size and place into an oven proof dish.
5. Squeeze the orange juice onto the apples then dust with cinnamon. Mix with spoon to coat the apples.
6. Level the apples then sprinkle on the crumble topping to cover the fruit.
7. Bake in the oven for 20 minutes or until golden brown and cooked through. Serve warm.