

apple & berry crumble

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Ingredients:

- 4 large (about 1kg) Granny Smith apples, peeled, cored and cut into 1-cm thick wedges
- 2 tbs caster sugar
- 1 tbs lemon juice
- 1 tbs water
- 1/2 cup rolled oats
- 1/3 cup brown sugar
- 1/4 cup plain flour
- 1/4 tsp ground cinnamon
- 75g butter, softened and chopped
- 150g blackberries, raspberries or blueberries

Health benefits of apples:

- Provide vitamin C and E. Vitamin C helps the body defend itself against infections. Vitamin E keeps the membranes around cells healthy and strong.
- Low glycaemic index (GI) provides sustained release of energy.

Method:

1. Preheat oven to 200°C. Place apples, 1 tbs caster sugar, lemon juice and water in a medium saucepan. Stir to combine. Cover and cook, stirring occasionally, over medium heat for 5 minutes or until apples start to soften. Drain apples. Set aside to cool slightly.
2. Meanwhile, combine rolled oats, brown sugar, plain flour and cinnamon in a medium bowl. Using your fingertips, rub in the butter until it is well combined with dry ingredients.
3. Combine apple, berries and remaining 1 tbs caster sugar in a medium baking dish (about 30cm long x 15cm wide x 5cm deep). Top fruit evenly with crumble mixture. Bake for 30 minutes or until crumble is crisp and fruit is tender. Serve with reduced fat thick natural yoghurt or vanilla ice-cream, if desired.

Serves: 4

Preparation: 25 minutes

Cooking: 35 minutes