

Apple & blackberry oat crumble



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Preparation: about 25 minutes

Cooking: about 35 minutes **Serves:** 4

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
(+ extra for greasing)

200g blackberries

1. Preheat oven to 200°C. Lightly grease 4 x 1 cup baking dishes or 1 x 5-cup shallow baking dish (about 30cm long x 15cm wide) with butter.
2. 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 10 minutes or until apples soften. Drain apples. Place in a medium bowl and set aside to cool slightly.
3. Meanwhile, combine rolled oats, brown sugar, plain flour and cinnamon in a medium bowl. Using your fingertips, rub in the butter until mixture resembles coarse breadcrumbs.
4. Gently stir blackberries and remaining 1 tbs caster sugar through apples. Spoon fruit into prepared dishes or dish. Top fruit evenly with crumble mixture. Bake for 25-30 minutes or until crumble is crisp and fruit is tender. Serve with vanilla ice-cream or thick natural yoghurt if desired.



Blackberries:

- One of the best fruit sources of dietary fibre, with the valuable fibre present in the small seeds within each section (or drupe).
- A good source of vitamin E, an antioxidant vitamin that is important to keep the membranes around every body cell healthy.
- A good source of vitamin C, one of the anti-infective vitamins.