

Blackberry, apple & almond crumble



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Preparation 25 mins | Cooking 40 mins | Serves 4-6

1 kg Granny Smith apples, peeled, cored and cut into 1cm-thick wedges
2 tbs caster sugar
1 tbs lemon juice
1 tbs water
¾ cup rolled oats
1 cup natural flaked almonds
2 tbs white chia seeds
¼ cup honey
½ tsp ground cinnamon
120g punnet blackberries
thick natural yoghurt or ice-cream and maple syrup, to serve

STEP 1 Preheat oven to 200°C/180°C fan-forced. Combine apples, 1 tbs sugar, lemon juice and water in a medium saucepan. Cover and bring to the boil over medium heat. Reduce heat and simmer, stirring occasionally, for 10-12 minutes until apples soften. Transfer apples to a greased 5-cup shallow baking dish and set aside to cool slightly.

STEP 2 Meanwhile, combine oats, almonds, chia seeds, honey and cinnamon in a bowl. Stir well until combined.

STEP 3 Gently stir blackberries through the cooked apples. Smooth the top. Sprinkle with oat mixture. Place dish on a baking tray lined with baking paper. Bake for 25-30 minutes or until crumble is crisp. Serve with yoghurt or ice-cream and drizzle of maple syrup.

Good for you... APPLES

Apples contain a source of dietary fibre and natural sorbitol. Both fibre and sorbitol help keep us regular. A good source of vitamin C, among its many functions, contributes to healthy gums. Low GI meaning the natural sugars are digested slowly, releasing energy gradually.

