

Nan's apple crumbles

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Preparation: about 30 minutes
Cooking: about 45 minutes
Serves: 6

Butter or margarine, for greasing
1 kg Granny Smith apples, peeled, cored
and cut into thin wedges
½ cup caster sugar
2 tsp lemon juice
¼ cup sultanas
Vanilla ice-cream, to serve

Crumble topping

½ cup plain flour
⅓ cup brown sugar
1 tsp ground cinnamon
⅓ cup rolled oats
100g butter, chilled and chopped

1. Preheat oven to 180°C/160°C fan-forced. Grease 6 x 1 cup heatproof dishes with butter or margarine. Place apples, sugar, lemon juice and sultanas in a bowl. Toss to combine and spoon apple mixture into prepared dishes.
2. To make crumble, combine flour, sugar, cinnamon and oats in a bowl. Rub in butter to form a rough crumble. Sprinkle crumble over apples. Bake for 35-40 minutes until topping is golden and crisp and apple is tender. Serve with vanilla ice-cream.



Granny Smith apples

- A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep kids regular.
- Good source of vitamin C. Among its many functions, vitamin C contributes to healthy bones, teeth and gums.
- Low GI which means its carbohydrates are digested and release their energy slowly.



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