



FRUIT CRUMBLE

Preparation: 10 mins

Cooking: 30 mins

Serves 4, costs under £4.00

 Vegetarian

INGREDIENTS

- Blackberries (300g)
- 2 Cooking Apples (380g)
- 3 Tablespoons Granulated Sugar (50g)
- 5 Dessert spoons Water (50ml)
- 5 Tablespoons Plain Flour (150g) (Heaped Spoonful)
- 5 Tablespoons Low Fat Spread (75g)

TIP

For something different try using other fruits, such as pears, raspberries or blueberries.

METHOD

1. Preheat the oven to 190°C / 170°C fan oven / 375°F / gas mark 5.
2. Peel and slice the cooking apples.
3. Simmer the fruit, sugar and water in a pan for 10 minutes then set aside until cool.
4. Rub the flour and low-fat spread together until it resembles breadcrumbs.
5. Place the fruit in an ovenproof dish, leaving any liquid. Add the flour mixture on top and press down lightly with the palm of your hand or the back of a spoon.
6. Bake in the oven for 20 minutes and serve hot.

BE ALLERGY AWARE

Always check the label of each ingredient for allergy warnings.

NUTRITIONAL INFORMATION

Based on a single serving of 210g

ENERGY
297 kcals
1248 kJ

FAT
7.6g

MED

SATURATES
1.7g

LOW

SUGAR
22.8g

MED

SALT
0.3g

LOW

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

