



APPLE CRUMBLE

Serves 6

Ingredients:

For the crumble:

- 125g plain flour
- 75g low-fat spread
- 50g caster sugar
- 50g rolled oats

For the filling:

- 750g Bramley Apples
- 1 tablespoon sugar
- Juice of 1 orange
- 2 teaspoons low-fat spread

Method:

1. Preheat the oven to 200°C (390°F) or gas mark 5.
2. Sift the flour into a bowl.
3. Rub the spread into the flour until it looks like breadcrumbs.
4. Stir in sugar and oats.
5. Peel and thinly slice the apples and toss with the sugar and orange juice.
6. Arrange the slices of apple in an ovenproof dish.
7. Cover the fruit with the crumble mixture and dot with spread.
8. Bake in the oven for 20-30 minutes, until golden brown.
9. Serve with reduced-fat custard or reduced-fat creme fraiche.

