



## Method

- ➔ Preheat oven to **180°C**
- ➔ Peel apples
- ➔ Cut in half and then in quarters
- ➔ Remove core and chop each quarter into 3 pieces
- ➔ Place in saucepan with cinnamon
- ➔ Turn on hob on to low heat and place saucepan on
- ➔ Cook for 10 minutes until fruit softens
- ➔ Remove from heat and place in ovenproof dish
- ➔ Place flour in bowl, add margarine and rub into flour with the tips of your fingers
- ➔ Stir in oats, sugar and chopped nuts
- ➔ Sprinkle topping over fruit
- ➔ Bake in oven for 20-25 minutes until golden



## Apple Crumble



TOP  
SHELF



**Serving Suggestion:** Serve with custard made with low fat milk or low fat yogurt



**Servings:** 😊😊😊😊



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

## Equipment

Vegetable peeler



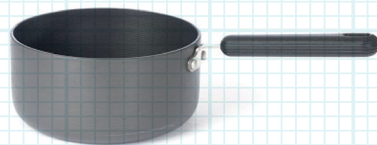
Knife



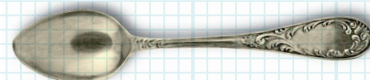
Chopping board



Saucepan



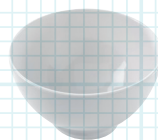
Tablespoon



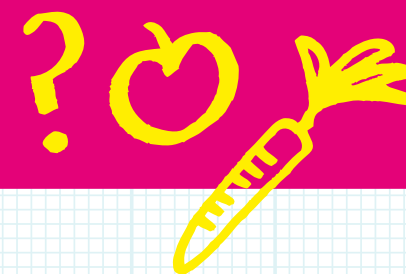
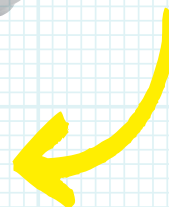
Weighing scales



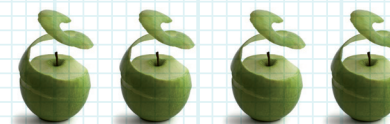
Mixing bowl



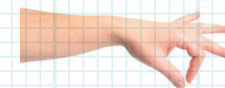
Ovenproof dish



## Ingredients



4 apples



Pinch of cinnamon



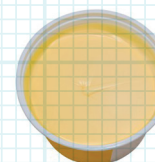
150g (6oz) plain flour



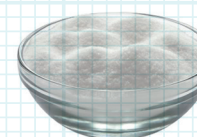
50g (2oz) porridge oats



1 large spoon  
chopped nuts



50g (2oz)  
polyunsaturated  
margarine



50g (2oz) sugar