



APPLE & BERRY CRUMBLE

Preparation Time

30 minutes

Cooking Time

30 minutes

Serves

6

Ingredients:

6 large granny smith apples
1 tsp mixed spice
300g mixed berries, defrosted

Crumble Ingredients:

125g butter
 $\frac{3}{4}$ cup whole meal or white plain flour
2 cups rolled oats
 $\frac{1}{2}$ cup brown sugar
2 tsp cinnamon
 $\frac{1}{2}$ cup slivered almonds or
Chopped walnuts

Preparation:

Peel, core and slice apples, sprinkle with mixed spice, cover with foil and bake in oven at 180C for 20 minutes.

Alternatively combine apple slices, mixed spice and $\frac{1}{4}$ cup water, place in pan and cook over low heat until apples are tender.

Add defrosted berries (raspberries, blueberries, blackberries, strawberries or a mixture of any of these).

Place apple and berries in oven proof tray. Top with crumble mix and bake in oven at 180C for 30 minutes.

Crumble:

Rub butter into flour in bowl until mixture resembles coarse breadcrumbs. Add rolled oats, brown sugar, cinnamon and mix well. Stir in almonds or walnuts.

Nutritional tips:

Berries are loaded with antioxidants and are high in fibre!

Fight food waste:

Apples are best stored in the fridge. Cut out any bruises and bake or poach them!