



Apple and Blackberry Crumble

Prep time: 5 Minutes

Cook time: 25 Minutes

Serves 4

Nothing beats a homemade crumble, with this recipe you can still enjoy the indulgence but with a healthier twist.

Ingredients:

150g blackberries
50g cooking apples
25g oats
19g self-raising flour
2 tsp reduced fat spread
3 tbsp sweetener
Low calorie cooking spray



Method:

1. Preheat the oven to 160°C. Cut the apple into small dice and place into the bottom of an oven proof dish. Distribute the blackberries evenly among the dish. Sprinkle half of the sweetener over the fruit.
2. in a mixing bowl, add the flour, oats, reduced fat spread and the remaining half of the sweetener. Rub between your fingers until it looks like breadcrumbs.
3. Top the fruit with the crumble mixture and spray with the low-calorie cooking spray.
4. Bake in the oven for 25 minutes until golden and the fruit is soft. Serve hot with your choice of topping or sauce.

Helpful tips:

- This dish can be frozen, this need to be done as soon as it is cold enough and in a suitable container or bag. Also make sure you add a label with what it is and what date you put it in the freezer.
- To reheat, allow to fully defrost if frozen, heat covered in the microwave for 3-5 minutes then stir. Cook for a further 5-7 minutes or until piping hot.
- This could be paired with custard, cream or a low calorie ice cream.