

OATY FRUIT CRUMBLE

Serves 6



INGREDIENTS	EQUIPMENT
200g plain flour	mixing bowl
100g butter	table knife
75g golden caster sugar	wooden spoon
75g oats	chopping board
350g cooking apples or rhubarb	peeler
100g raspberries	sharp knife
demerara sugar for browning	1.8 litre ovenproof dish

METHOD

1. Heat the oven to 200°C/Gas 6. Place the flour, butter and caster sugar in a mixing bowl. Using a table knife cut the butter into small pieces and then rub in until the mixture resembles breadcrumbs. Stir in the oats.
2. Peel, core and thinly slice the apples or slice the rhubarb (depending on which you are using) and arrange in the ovenproof dish. Sprinkle with caster sugar and 'dot' the raspberries over the apple or rhubarb.
3. Scatter the crumble mixture evenly over the fruit and then sprinkle with the demerara sugar.
4. Bake for 45 minutes until golden-brown and the fruit is soft.
5. Serve warm with plain yoghurt, cream, crème fraîche, ice-cream or custard.

RECIPE NOTES AND TIPS

- Cut the apples or rhubarb into thin even-sized slices so that they cook evenly.
- Alternatively you could use both apples and rhubarb. Simply halve the amount the apples and use the same amount again of rhubarb.
- Use frozen raspberries instead of fresh when they are not in season.
- Butter is used in this recipe for the flavour and texture it adds to the crumble, however, butter increases the saturated fat content. A polyunsaturated margarine can be used but the crumble may be less crunchy.

ALLERGY AWARE

This recipe contains:

- Gluten (flour and oats)
- Milk (butter)

Per 140g serving

	ENERGY	
	1488kJ / 355kcal	18%
MED	FAT	
	15.0g	21%
HIGH	SATURATES	
	8.8g	44%
MED	SUGARS	
	16.5g	18%
LOW	SALT	
	0.3g	4%

% of an adult's reference intake

Typical values per 100g : Energy 1063kJ / 254kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (140g)
Energy	1063kJ / 254kcal	1488kJ / 355kcal
Protein	4.0g	5.7g
Carbohydrate (of which sugars)	33.6g (11.8g)	47.1g (16.5g)
Fat (of which saturates)	10.7g (6.3g)	15.0g (8.8g)
Fibre	3.2g	4.4g
Salt	0.2g	0.3g