

Apple Berry Crumble

Ingredients

- 2.5 cups wholemeal plain flour
- 2 cups rolled oats
- ¼ cup brown sugar
- 100g butter or margarine
- 800g canned apple
- 500g frozen berries
- 1 tablespoon cinnamon

Serves: 1

Prep Time: 20 mins

Cook Time: 20 mins



Method

1. Preheat oven to 180°C.
2. Combine the flour, oats and sugar in a mixing bowl. Rub the butter/margarine into dry ingredients using fingertips until the mixture looks like breadcrumbs.
3. Mix together the tinned apple and berries and spread over base of a large baking dish. Sprinkle cinnamon over the fruit.
4. Sprinkle crumble mixture over the top of the fruit.
5. Bake in oven for 20 minutes or until crumble topping is golden.

Recipe notes:

Serve crumble with yoghurt as a snack for morning or afternoon tea. If preferred, use stewed fresh fruit instead of canned fruit. Other canned fruit that would work well include peaches, apricots or pear.

Food Group	Serves per recipe	Serves per portion
Vegetables	0	0
Fruit	8.5	0.4
Grain foods	20	1
Lean meat and alternatives	0	0
Milk, yoghurt and cheese	0	0