

Apple Crumble

About this recipe

This is a healthier version of apple crumble with rolled oats and reduced sugar.

Ingredients

12 apples (or full 2.7kg tin)

4 tbsp sugar

2 tbsp water or apple juice

200g/1 cup plain flour

150 butter or margarine

100g/1 cup rolled oats

200g/1/2 cup sugar (for the topping)

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Wipe the apples and cut them into quarters, then remove the cores and slice each piece in two. Put them into a pan with the water or juice and cook over medium heat for about five minutes, until the apples start to soften.
3. Transfer the apple mixture to an oven proof dish.
4. Put the flour and chopped butter in a bowl. Rub together gently with your fingertips until the mixture looks like breadcrumbs.
5. Stir in the oats and the sugar and sprinkle over the cooked apples in the pie dish. Transfer to the oven and bake for 30 minutes or until crisp and golden brown on top.

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