

Recipe of the week

Apple and Raspberry Oatmeal Crumble

Ingredients

- 55g [2oz] medium oatmeal.
- 85g [3oz] plain flour [white or wholemeal]
- 55g [2oz] unsaturated margarine
- 70g [2 ½ oz] light soft brown sugar
- 1 teaspoon ground cinnamon
- 3 eating apples, peeled, cored and thinly sliced
- 225g [8oz] fresh raspberries.
- 1 tablespoon clear honey
- 2 tbsp. unsweetened apple juice.

Step 1

Melt the soft spread [margarine] in a pain, gently fry the chopped apples with the sugar for 3-4 mins, stir occasionally, and finally stir in the blackberries.

Step 2

Sprinkle the base of an ovenproof dish with the ground almonds. Spoon the fruit over the top. To make the topping, mix the flour, salt, soft spread [margarine] and sugar and then stir in the porridge oats.

Step 3

Preheat the oven to 180 degrees / Gas 4
Sprinkle the crumble topping over the fruit and bake in the oven for 35mins.