



**PROJECT FOOD**

A helping hand to healthy eating

# Apple and Raisin Oaty Crumble

Serves 4

## Ingredients

- 4 cooking apples
- 4 handfuls raisins
- 115g/4oz plain flour, or 75g/2.5oz flour and 40g/1.5oz ground almonds
- 75g/2½ oz sugar
- 75g/2½ oz butter
- 50g/2 oz porridge oats



## Method

**Preheat oven to 180°C / 170°C fan/ gas mark 4**

1. Wash, peel and core the apples, then chop into cubes.
2. Place apples and raisins into a saucepan and stew over a low heat until apple has started to soften.
3. Pour flour, sugar, oats and butter into a mixing bowl and rub together with fingers until it looks like breadcrumbs.
4. Tip fruit into an ovenproof dish.
5. Sprinkle the crumble topping evenly over the fruit and press down.
6. Cook in oven for 25 minutes or until golden on top.

Replacing some of the flour in this crumble topping with porridge oats and almonds makes not only for a more tasty pudding, but also a healthier one. Porridge oats are really good for slow release energy and nuts are great for added protein. Nuts and seeds are also full of omega 3 which are important for supporting good mental health.

### Top tips

***Crumble is a great way of making a quick homemade pudding. You can vary the fruit filling according to what you have available. We've used apples here as they are in season and so easily available and cheaper.***

You could also make extra crumble mix and freeze for next time. It freezes really well and you don't need to defrost before using.

***You don't have to stew your fruit first...just put your apples and raisins into a dish and top with the crumble mix. You will then need to cook the crumble at a slightly lower temperature (170°C) for a slightly longer time (30–35 minutes).***