



Apple and blackberry oaty orange crumble

Ingredients

- 55g plain wholemeal flour
- 25g rolled oats
- 25g sunflower spread
- 25g soft light brown sugar
- ½ tsp ground cinnamon
- 2 eating apples, such as Braeburn (about 375–400g)
- 150g fresh blackberries
- Juice of an orange
- 1½ tsp clear honey

Method

- Heat oven to 180C/160C fan/gas 4.
- Place flour and oats in a bowl.
- Lightly rub in sunflower spread until mixture resembles coarse breadcrumbs.
- Stir in sugar and cinnamon. Set aside.
- Peel, core and thinly slice apples.
- Place apples and blackberries in an ovenproof dish.
- Mix together the orange juice and honey; pour over fruit and stir gently to mix.
- Spoon crumble mixture evenly over fruit to cover fruit completely.
- Bake in oven for about 40 minutes or until fruit is soft and crumble is cooked and lightly browned.
- Serve hot or warm in its own or with 0% fat thick Greek-style natural yogurt or fatfree plain fromage frais.

