

Apple and Bramble Crumble (serves 6)

This pudding is a fantastic option for an autumnal dessert when apples and brambles (blackberries) are in season and widely available. The crumble uses oats and oat flour in the topping instead of wheat flour and this gives it a lovely crunchy texture. The crumble topping is of course suitable for any fruit crumble, and choosing seasonal fruits will help keep the cost down.

Ingredients

4 cooking apples chopped
100ml water
1 tin of (drained) or fresh pack of brambles
90g butter or vegetable oil spread
130g oat flour
90g rolled oats
1 tsp of brown sugar

Method

1. Peel and roughly chop cooking apples into chunks, place in oven proof dish and mix with brambles and water.
2. Heat oven to 200°C/400°F/Gas Mark 6.
3. For the crumble rub all ingredients together, except the sugar to make a breadcrumb mix
4. Cover the fruit with the crumble mix and sprinkle the sugar on top.
5. Bake for 45 minutes.

Nutrition information

Per 100g	Energy 694kJ 166kcal	Fat 8.2g	Saturates 4.5g	CHO 19.1g	Sugars 5.8g	Protein 2.4g	Fibre 2.8g	Salt 0.13g
Per Serving 182g	Energy 1264kJ 302kcal	Fat 15.0g	Saturates 8.1g	CHO 38.4g	Sugars 10.6g	Protein 4.5g	Fibre 5.2g	Salt 0.23g

Oat/Barley content

36g
of oats per portion

