

FRUIT CRUMBLE



Recipe serves

4-6

Preparation and cooking time

30 minutes



Ingredients

800g can solid pack apples
(sometimes called 'pie pack')

½ cup flour (plain or self-raising)

¼ cup sugar (white or brown)

¼ cup coconut

¼ cup rolled oats (traditional or quick cooking)

3 tablespoons margarine



Method

- 1 Place apple into an oven proof dish.
- 2 Place all dry ingredients into a bowl and rub in the margarine.
- 3 Sprinkle crumble mix over apple and place in a moderate oven (about 180°C).
- 4 Bake for about 20 minutes or until the crumble is lightly browned.
- 5 Serve with reduced fat yoghurt or custard.

Ideas & Hints

- » Use any fruit. If fruit is canned in juice, drain off about half of the juice.
- » Stewed fruit can be used.
- » Coconut can be replaced with extra rolled oats.
- » Make twice as much crumble and freeze half for next time.

