

FRUIT CRUMBLE

INGREDIENTS

150g (6oz) plain flour or wholemeal flour
75g (3oz) margarine or butter or polyunsaturated fat e.g, flora
50g (2oz) sugar – white or brown
1 tin fruit pie filling or 500g (1 lb) prepared fruit e.g. apple / rhubarb

To increase the fibre content, you may add **one** of the following to the crumble

25g (1oz) coconut
25g (1oz) sultanas
25g (1oz) all bran

1 ovenproof dish
1 container to carry crumble home.

METHOD

- Switch on oven to 180°C, gas 5 check that the shelves are in correct position
- Sieve the flour into the bowl, cut up margarine and rub into the flour with your fingertips until the mixture resembles fine breadcrumbs
- Add sugar and mix in with a tablespoon
- Place the fruit in the bottom of an ovenproof dish
- Sprinkle the crumble mixture on top
- Bake for 20-25 minutes until golden

Serve with custard, cream or ice cream