



MINISTRY OF FOOD

APPLE CRUMBLE

INGREDIENTS

- 8 apples (or 4 large cooking apples)
- 2 oz (60g) margarine/butter
- 4 oz (115g) wholewheat flour
- 1.5 oz (40g) white sugar
- 1.5 oz (40g) brown sugar
- 1/2 teaspoon cinnamon
- pinch of salt

PREP TIME

- Prep | 30 minutes
- Cook | 40-50 minutes
- Ready in | 70-80 minutes
- Serves 5-6

METHOD

Preheat oven to gas mark 5/6 or 200.

Peel the apples, and then cut them into large chunks or slices.

Put the apples into a large saucepan and add enough water to cover the base of your saucepan.

Simmer gently for 10 minutes, or until the apple begins to soften.

Mix the flour, salt and white sugar together. Then add in the margarine/butter and rub together until the mixture looks a bit like breadcrumbs.

Add the cinnamon & half the brown sugar to the softened apples. Mix well and then spoon into an oven dish.

Sprinkle with the remaining brown sugar and crumble topping. Bake for 40-50 minutes.

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