

## **Apple crumble**

### **Ingredients**

- Butter, for greasing (modification: use margarine)
- 5 large (about 1 kg) golden delicious apples (modification – use 4 apples and add 1 cup of mixed frozen berries)
- 1/3 cup sultanas
- 2 tbs caster sugar (modification: don't need sugar – apples and sultanas are sweet enough)
- ¼ cup water
- 1/2 cup plain rolled oats
- 1/3 cup brown sugar
- 1/3 cup (50g) plain flour
- 75g butter, chopped, at room temperature (modification: use reduced fat margarine)
- Vanilla ice cream, to serve (modification: use custard powder made up with skim milk)

### **Method**

1. Preheat oven to 200C. Grease 6 small ramekins (single serve dishes) or medium sized oven proof dish with margarine or cooking oil spray
2. Peel, core and slice apples into thick wedges. Place apples, sultanas and water in a medium saucepan. Cover and cook, stirring once, over medium-high heat for 5 minutes or until apples begin to soften. Uncover and set aside to cool for 10 minutes. Spoon cooled apple mixture into prepared dishes, smooth top.
3. To make crumble topping, combine rolled oats brown sugar and flour in a medium bowl. Rub in butter until mixture is crumbly, sprinkle over apples.
4. Cook in 200C oven until crumble is crunchy on top – approximately 10-20 mins depending on size of crumble.

### **Modifications**

- Swapping the butter for reduced fat margarine reduced the total fat content by about 40% and the saturated fat content by over 75%

- Swapping the normal ice cream for custard made with skim milk helped to reduce the fat and sugar
- All these modifications helped to reduce the total energy per serve by over 20%
- Mixing some berries in is a great way to add some colour, different flavour and some variety to the dish. Berries are also lower in natural sugar than apples so it's good to have a mix.

**Nutrient analysis per serve:**

Energy: 1255kJ, total fat 9g , saturated fat 2g, carbohydrate 50g, fibre 6g, sodium 118mg

\*Data from CalorieKing Australia used for nutrient analysis

Recipe adapted from Fresh Living - August 2005 , Page 49, Recipe by Annette Forrest.