

Apple and Blackberry Crumble

This traditional autumn fruit combination is an all-time favourite. It can also be altered to suit any season as any fruit can be used.



Milk, oats (gluten) and wheat (gluten)*

Nutritional information per portion (140g):

Energy 1042kJ 248kcal 12%	Fat 7.3g 10%	Saturates 1.8g 9%	Sugars 22g 25%	Salt 0.15g 2%
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of an adult's reference intake.
Typical values per 100g: energy 744kJ/177kcal.

Equipment

Weighing scales
Vegetable peeler
Chopping board
Sharp knife
Colander
Ovenproof dish
Measuring spoons
Metal spoon
Mixing bowl
Oven gloves

Ingredients

Serves 5

Filling

2 large cooking apples
100g blackberries
2 x 15ml spoons water
1 x 15ml spoon sugar

Topping

50g unsaturated fat spread
100g plain flour
50g oats
50g demerara OR
caster sugar

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Peel and chop the apples into small 2cm pieces. Wash the blackberries.
3. Place the fruit into the bottom of the ovenproof dish and sprinkle with the water and sugar.
4. Now make the crumble topping. Place the spread in a mixing bowl with the flour and oats.
5. Using clean hands, rub the spread into the flour until it looks like breadcrumbs. Stir in the sugar.
6. Scatter the crumble mixture on top of the fruit.
7. Place in the middle shelf of the oven and bake for 35–45 minutes until the crumble topping is golden.
8. When cooked, remove from the oven using oven gloves.

Skills used include:

Washing, weighing, measuring, peeling, chopping, rubbing-in, mixing/combining and baking.

Something to try next time

- Try pear and blackberry crumble instead, just swap the apple for 2 large pears and cook in exactly the same way.

Prepare now, eat later

- Cool any leftover crumble and store, covered in the fridge for up to 48 hours or freeze for up to 1 month.