

Crunchy Apple Crumble

Allergens – **Gluten**, **Milk**

Ingredients

Quantity	Ingredient
1.8 kg	Apples (uncooked & chopped)
250 g	Plain Flour (contains Wheat)
150 g	Wholemeal Flour (contains Wheat)
250 g	Flaked Oats
250 g	Margarine (Stork)
150 g	Soft Brown Sugar



Method

1. Rub the margarine into the flours and baking powder.
2. Mix the crushed oat flakes into the above mixture to make topping.
3. Place/spread the chopped apples into a tin.
4. Sprinkle the topping on top of the fruit.
5. Place into oven bake at 180°C, 350°F, Gas Mark 4 until golden brown.

Nutritional Content per 45g

Energy (kcal)	Fat (g)	Saturated Fats (g)	NME Sugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 391.	= 11.8	= 3.1	= 7.6	= 15.3	= 0.2	= 37.5

Portion size - Primary – 45g