

Apple Crisp

Allergens – **Gluten**, **Milk**

Ingredients

Quantity	Ingredient
1025g	Apples (chopped)
75g	Plain flour (contains Wheat)
75g	Wholemeal flour (contains Wheat)
150g	Margarine
150g	Granulated Sugar
200g	Cornflakes (contains Barley)
10g	Baking Powder (contains Wheat)



Method

1. Rub the margarine into the flours and baking powder.
2. Mix the crushed cornflakes into the above mixture to make a 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)
= 240	= 6.5	= 1.8	= 7.9	= 13.0	= 0.4	= 25.9

Portion size - Primary – 45g