

Apple and Banana Crumble

Serves: 6

Prep time: 15 minutes

Cook time: 30 minutes



1 serve per portion

Ingredients

3 apples

1 cinnamon stick

1 lemon, zested

4 tablespoons water

1 banana

½ cup rolled oats

¼ cup oat bran

⅓ cup sultanas

¼ cup mixed seeds and nuts

1 tablespoon yoghurt

Method

PREHEAT oven to 160°C.

PEEL, quarter and core the apples then cut each quarter into three wedges.

PLACE apple wedges into a saucepan, with cinnamon stick, lemon zest and water.

BRING to the boil over low heat then reduce to a simmer and cover for 15 minutes or until the apples are tender. Turn occasionally to cook the wedges evenly.

ARRANGE banana and apples in a greased pie dish.

COMBINE the oats, oat bran, sultanas, mixed seeds, nuts and yoghurt. Cover the apple and banana with the oat mixture.

BAKE in oven until lightly browned, about 15 minutes.



Everyday Food

Recipe courtesy of Judy Stubbs, Maleny Branch