

Gingerbread Fruit Crumble

Serves: 6

Prep time: 15 minutes

Cook time: 35 minutes



1 serve per portion

Ingredients

6 apples, cored and diced

½ lemon, juiced

½ teaspoon ground cinnamon

½ teaspoon ground ginger

Topping

¼ cup margarine

½ cup wholemeal plain flour

1 cup oats

¼ cup brown sugar

1 teaspoon ground ginger

1 teaspoon ground cinnamon

¼ teaspoon ground cloves

1 teaspoon vanilla extract

Method

PREHEAT oven to 200°C.

COMBINE apples with lemon juice, cinnamon and ginger in a large saucepan over medium heat. Cook for about 5 minutes or until apples are warm and slightly softened. Transfer to a baking dish.

ADD topping ingredients to a bowl and mix until combined and crumbly.

SPRINKLE topping evenly over apples.

BAKE in oven for 25-30 minutes, or until golden and crispy.

SERVE warm with reduced fat yoghurt.



Discretionary Food

Recipe courtesy of the Country Kitchens team