

Apple Crumble for Two

Serves: 2

Prep time: 15 minutes

Cook time: 25-30 minutes



1 serve per portion

Ingredients

¼ cup wholemeal flour

⅓ cup rolled oats

2 tablespoons brown sugar

1 teaspoon ground cinnamon

1 tablespoon margarine, melted

2 medium apples, cored and diced

1 tablespoon plain flour

1 tablespoon dried cranberries or sultanas

Plain yoghurt, to serve (optional)

Method

PREHEAT oven to 180°C and spray two oven-safe ramekins with cooking spray.

ADD the wholemeal flour, rolled oats, half the sugar and half the cinnamon to a bowl and stir to combine.

MIX in the melted margarine using a fork, until the mixture resembles crumbs. Set aside.

ADD the remaining sugar and cinnamon, diced apple, plain flour and cranberries to another bowl and mix to combine.

SPOON the apple mixture into the bottom of the ramekins and top with the crumble.

BAKE for 25 to 30 minutes or until apples are tender and topping is golden brown.

OPTIONAL: serve with a dollop of yoghurt.



Discretionary Food

Recipe courtesy of the Country Kitchens team