

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

½ teaspoon ground cinnamon

1 tablespoon butter, melted

2 medium apples, cored and diced

1 tablespoon plain flour

1 tablespoon dried cranberries



Discretionary Food

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 in a bowl and stir to combine.

MIX in the melted butter 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 ramekins and top with the crumble.

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

Recipe courtesy of the Country Kitchens team