

Mixed Berry Crumble Cup

Serves: 1

Prep time: 5 minutes

Cook time: 20 minutes

 $\frac{3}{4}$ serve per portion

Ingredients

$\frac{3}{4}$ cup mixed frozen berries, cut down any large pieces

$\frac{1}{4}$ teaspoon cinnamon

1 teaspoon sugar

$\frac{1}{2}$ teaspoon plain flour or cornstarch

Topping:

1 tablespoon wholemeal flour

1 tablespoon rolled oats

$\frac{1}{2}$ teaspoon sugar

1 tablespoon margarine, melted

Method

PREHEAT oven to 200°C.

COMBINE berries, cinnamon, 1 teaspoon of sugar and plain flour in a small bowl and mix until berries are well coated.

TRANSFER berry mixture to a ramekin.

ADD topping ingredients to a small bowl and mix well until it resembles crumbs.

TOP berry mixture with oats.

BAKE in the oven for 15-20 minutes until golden brown and berries are bubbling.

OPTIONAL: serve with a dollop of yoghurt on top.



Discretionary Food

Recipe courtesy of the Country Kitchens team