



# Recipe of the week

## Tinned Apple Crumble

### Ingredients

- 225g [8oz] plain flour.
- 115g [4oz] sunflower spread.
- 55g [2oz] porridge oats.
- 55g [2oz] sugar or 3tbsp. granulated sweetener.
- 2 tins of apples.

### Step 1

Open the tins of apples and place in an oven proof dish. [Chop slices of apple if needed]

### Step 2

For the crumble topping, rub together the flour and sunflower spread in a mixing bowl until the mixture resembles fine breadcrumbs. Stir in the porridge oats and sugar.

Sprinkle over the crumble topping and level the surface.

### Step 3

Place in a pre heated oven 180 degrees / Gas 4 for 35-40 minutes, or until the topping is golden brown.

Serve hot or warm with natural yoghurt, or custard made with skimmed milk.