

Recipe of the week

Blackberry Crumble

Ingredients

- 75g [3oz] wholemeal flour
- 75g [3oz] sunflower spread
- 75g [3oz] porridge oats
- 25g [1oz] sugar
- 4 large handfuls of blackberries
- Add 1 or 2 peeled, cored, chopped apples if desired.

Step 1

Rub together the flour and sunflower spread in a mixing bowl until the mixture resembles fine breadcrumbs.

Step 2

Stir the porridge oats and sugar. Place the blackberries [and apples if desired] in the base of a lightly greased 560ml [1 pint] heatproof bowl. Sprinkle over the crumble topping and level the surface.

Step 3

Place in a preheated oven for 30 minutes, or until the topping is golden. Serve hot or warm with natural yoghurt, or custard made with skimmed milk.