



# Fruit Crumble (serves 4)

This is an all-time classic dessert. You can mix it up by using fruits that are in season or simply by using tinned or frozen fruits as well as fresh. Using 320g of fruit in total means that everyone gets one of their recommended five a day.

### Ingredients:

#### Filling

2 Large Cooking Apples  
100g blackberries  
2 **tblsp. water**  
1 **tblsp. sugar**

#### Topping

50g **butter**  
100g **flour**  
50g **oats**  
50g demerara or caster sugar

### Equipment:

Weighing scales  
Peeler  
Chopping board  
Sharp knife  
Colander  
Ovenproof dish  
Measuring spoons  
Metal spoon  
Mixing bowl  
Oven gloves

### Instructions

1. Preheat the oven to 180c/160c Fan or gas mark 4
2. Peel and chop the apples into 2cm pieces. Wash the blackberries
3. Place the prepared fruit in the bottom of the ovenproof dish and sprinkle with the sugar and water
4. Make the crumble topping. Place the butter in a mixing bowl with the flour and the oats
5. Using clean hands, rub the butter into the flour until it looks like breadcrumbs. Stir in the sugar
6. Scatter the crumble mixture over the fruit
7. Place on the middle shelf of the oven and bake for 35 - 45 minutes until the crumble topping is golden brown
8. When cooked remove from the oven using oven gloves and leave to cool slightly before serving.

### Skills used include:

Weighing, measuring, mixing/combining, rubbing in, baking  
**ALLERGENS HIGHLIGHTED IN BOLD**

