



mend

British Blackberry CRUMBLE

You can't get more belly-warmingly British than a blackberry and apple crumble.



What you need:

- 500g blackberries
- 500g cored and sliced apples
- 50g low fat spread or margarine
- 125g granulated sweetener
- 50g flour
- 100g whole rolled oats

This recipe was sent in by the Morgan family, it's just like granny used to make it – but way more MEND-friendly

Fast facts

Serves: 4 persons

Prep time: 10 mins

Skill-o-meter: Advanced

Cooking time: 40 mins

Eat me when? A delicious evening pudding.

What to do:



Serve this sweet crumble with your favourite MEND - friendly natural yogurt drizzled over the top. Yum!

Step 1

Preheat your oven to 200°C

Step 2

Put the margarine, flour, oats and granulated sweetener into a large bowl, and use your fingers to rub the ingredients together until it looks like breadcrumbs

Step 3

Mix the apples and berries together in a baking dish

Step 4

With a large spoon, place the crumble mixture on top of the fruit, pressing down with the back of your spoon

Step 5

Place the baking dish into the hot oven and bake for 40 minutes, or until the fruit is hot and the crumble is golden brown on top.



0800 230 0263

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