

Crunchy Apple and Bramble Crumble

Apple and Bramble filling

600g tart cooking apples
40g unrefined caster sugar
One tablespoon water
225g brambles

For the Crumble

50g wholemeal self raising flour
50g Hamlyns Scottish porridge oats*
6 (25g) Amaretti biscuits (crushed)
40g muscovado sugar (to taste)
50g unsalted butter (cold)

Oven 190C Gas5

1. Peel, core and quarter the apples, chop the apple into small chunks.
2. Put the chopped apples, caster sugar and water into an oven proof casserole dish, cover and cook for 10-15 minutes, until the apple begins to break down. Remove from the oven.
3. Put the flour and oats into a mixing bowl and stir in the crushed Amaretti biscuits and sugar. Use the tips of your fingers to rub in the cold butter to make the crumble.
4. Scatter the brambles on top of the broken down apple and sprinkle the crumble on top. Bake (uncovered) for 25-30 minutes until the crumble is golden.

Serve with reduced fat crème fraiche or 0% fat Greek yogurt.

- I used Hamlyn's Scottish Porridge Oats & Bran, thereby increasing the fibre content.