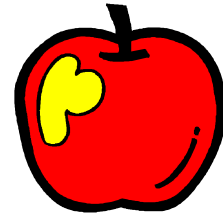


# FRUIT CRUMBLE

*Adapt this recipe to make a crumble that is low in sugar and high in fibre.  
Explain on the back of this sheet how you plan to do this so that the recipe  
is healthier as well as more interesting.*

150g (6oz) plain white flour  
75g (3oz) margarine  
75g (3oz) sugar  
500g (1lb) cooking apples or other suitable fruit and  
50g (2oz) sugar to sweeten it when cooking.



## Method

1. Put oven on gas 4 (180°C)
2. Prepare fruit and put in ovenproof dish. Sprinkle over sugar.
3. Rub fat into flour until the mixture looks like breadcrumbs.
4. Sprinkle crumble mixture over the fruit and bake for 20-25 minutes or until light brown.

