

Fruit Crumble



This snack offers a sweet alternative to high sugar and fat foods such as chocolate. This recipe is not fixed. Why not ask your child what fruits they prefer and add a variety such as cherries, strawberries or dates?

Ingredients

100g self raising flour

50g Margarine

25g Sugar

2 Medium cooking Apples

Handful of berries e.g. raspberries, blueberries or blackberries (chopped)

Caster sugar to sweeten the fruit

Equipment

Small cake cases

A large mixing bowl

Tablespoon

Teaspoon

Chopping board

Sharp knife

Apple peeler

Method

1. To make the crumble, rub the margarine into the flour and rub together with your fingertips.
2. Add the sugar and stir until it is well mixed. Set to one side.
3. Peel and cut the apples into small pieces and wash.
4. Wash the berries and add to the apple in a bowl and mix together.
5. Fill each cake case $\frac{3}{4}$ full with the fruit then sprinkle with a pinch of caster sugar over to sweeten the fruit
6. Cover the fruit with the crumble mix and press down gently
7. Cook at 180°C for 20 minutes or until crumble is golden brown

The children will have fun helping to make this recipe and if possible they can help to pick the berries.