



## Apple and Blackberry Crumble

This traditional autumn fruit combination is an all-time favourite. It can also be altered to suit any season as any fruit can be used.

Nutritional information per portion (155g):

calories	fat	saturates	sugars	salt
318.3	6.7g 10%	1.7g 9%	33.8g 38%	0.2g 3%

of an adult's guideline daily amount



Wheat/gluten and dairy

### Equipment

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

### Ingredients

#### Serves 4-6

#### Filling

- 2 large cooking apples
- 100g blackberries
- 1 x 15ml spoon sugar

#### Topping

- 50g polyunsaturated margarine OR butter
- 200g plain flour
- 100g caster sugar

#### Serves 10

#### Filling

- 10 apples
- 300g blackberries
- 2 x 15ml spoons sugar

#### Topping

- 100g polyunsaturated margarine OR butter
- 400g plain flour
- 200g caster sugar





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### Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Peel and chop the apples into small 2cm pieces. Wash the blackberries.
3. Place the fruit into the bottom of the ovenproof dish and sprinkle with sugar.
4. Now make the crumble topping. If using butter, chop into 2cm pieces. Place the butter or margarine in a mixing bowl with the flour.
5. Using clean hands, rub the butter or margarine into the flour until it looks like breadcrumbs. Stir in the sugar.
6. Scatter the crumble mixture on top of the fruit.
7. Place in the middle shelf of the oven and bake for 30–40 minutes until the crumble topping is golden.
8. When cooked, remove from the oven using oven gloves.

### Something to try next time

- Try pear and blackberry crumble instead, just swap the apple for 2–3 pears and cook in exactly the same way.

### Top Tip

- Use the butter or margarine straight out of the fridge so it is nice and cold. This makes it easier to rub into the flour.

