

## Apple Crumble

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Serves 4 - high fibre, with oats and wholemeal flour and low sugar content

Ingredients: -

570g/1½lb - apples, peeled, cored and sliced, toss in lemon juice to keep white

60g/2oz - wholemeal flour

60g/2oz - oats (oats are great for lowering cholesterol)

30g/1oz - chopped walnuts

60g/2oz - brown sugar

60g/2oz - low fat spread

Method: -

Put the prepared fruit into an oven-proof dish.

Mix together the flour, oats and rub in the low fat spread, until it looks like breadcrumbs.

Stir in the sugar and the nuts and spoon over the fruit.

Bake in a pre-heated oven 180°C/350°F/gas mark 4 for 25/30 minutes or until fruit is tender.

Serve with low fat live yoghurt or custard made with skimmed milk.