



APPLE CRUMBLE

INGREDIENTS

- 6 golden delicious apples, peeled and chopped (any dry crisp apple variety can be used)
- 2 tablespoons honey
- 1 $\frac{3}{4}$ teaspoon ground cinnamon, divided
- 1 $\frac{1}{2}$ teaspoon lemon juice
- 1 teaspoon ground cloves
- 200 g light brown sugar
- 68 g rolled oats
- 90 g all-purpose flour
- 115 g cold butter, diced into small cubes
- pinch of salt

METHOD

1. Preheat the oven to 190°C.
2. In a large bowl, mix the apples with the spices, honey and salt.
3. In a separate bowl, rub the flour, oats and brown sugar into the butter to form a crumb mixture.
4. Place the apple mixture in an ovenproof dish and sprinkle the flour crumb evenly across the top.
5. Bake in the oven for approximately 30 to 40 minutes or until the top is golden and brown.
6. Serve warm with custard or fresh cream.

Apples are a source of fibre ✓

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PREP TIME 8min
COOK TIME 40min
⌚ TOTAL 48min
SERVES 6