FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Apple and Blackberry Crumble



Serves	Prep Time	Cooking	Total Time	Calories
8 people				**300 kcal**

Stuff that's in it:

- 30G Light Brown Sugar
- 30G Butter (Salted)
- 3 Bramley Apples (680G)
- 150G Blackberries (Fresh)
- 1Tbsp Lemon (Juice)
- Crumble
- 90G Oats (Rolled)
- 150G Flour (Plain)
- 100G Cold Butter (Salted)
- 80G Demerara Sugar

What you do:

Pre heat your oven , for fan use 160c, for convection 200c

Start by heating a large non stick heavy pan (suitable to place into the oven) and slice the apples into thin pieces and add the apples and blackberries , add the sugar, butter and lemon juice , stir everything up and bring to a gentle bubble.

Gently heat for 5-8 minutes until softened a little then turn off the heat make the crumble

In a large bowl , rub the butter, sugar, oats and flour together between your finger tips until you have crumbles

Pour everything over the apple and blackberry compote and bake for 50 minutes for convection as I did but it will take less in a fan assisted 35-45

Enjoy with your favourite topping

Serves 8

Nutrition info per portion Approx

Carbs 47g, fat 11g, sat fat 6g, fibre 5g, protein 5g

Calories 300

Nutrition

• Carbs: 47g

• Fat: 11g

• Protein: 5g

• Fibre: 5g

• Saturated Fat: 6g

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