

Apple and Cinnamon Crumble

Ingredients for the filing:

- 7 Braeburn apples, chopped
- 4 teaspoons of table-top sweetener
- 1 teaspoon of ground cinnamon
- 50ml water

Ingredients for the crumble:

- 80g of porridge oats
- 120g of plain flour
- 1/4 tsp of salt
- 4 tbsp of honey
- 1 tsp of table-top sweetener
- 6 tbsp of oil

Instructions for the filling:

- Preheat the oven to 180°C/Gas mark 4.
- Peel the apples and chop them into 2cm chunks and place them into a saucepan.
- Sprinkle 4 tsp of table-top sweetener and 1 tsp of ground cinnamon over the apples.
- Add 50ml of water to the saucepan, cover and stew on a medium heat until the apples soften. Check and stir the apples every few minutes
- Once the apples have become soft enough to crush easily with a spoon, turn off the heat and leave them to cool.

Instructions for the crumble:

- Whilst the apples are stewing, combine the porridge oats, plain flour, salt, and table-top sweetener in a large bowl.
- Add the oil and the honey to the bowl and combine the ingredients by gently rubbing them between your fingers until they resemble a crumbly mixture.
- Pour the apples into an ovenproof dish and sprinkle the crumble mixture over the top.
- Bake for approximately 25 minutes until golden and biscuit-like on top.
- Serve with low-fat custard or ice cream.