

## Quick Apple Crumble



### Food Fact:-

Apples are a good source of Vitamin C and are rich in a soluble fibre called pectin. It is believed this may help control cholesterol levels.

Preparation time 5 mins

Cooking time 5 mins

**Serves 4**

**REAL FOOD  
WORKS**

## Quick Apple Crumble

This dish uses eating apples, so it requires no added sugar. Have it as a breakfast treat, or a hot or cold pudding-delicious!

1. Core and chop the apples (don't peel)
  2. Put in microwave safe container
  3. Add spices, add apple juice and dried fruit
  4. Cover and microwave on high for 4-5 mins or until soft, stand for 2 mins.
- Sprinkle on crunchy topping and serve with low fat yoghurt, custard or ice cream

### Ingredients

*4 eating apples*  
*200gm dried fruit -  
sultanas/raisins/  
apricots*  
*200ml apple juice*  
*1/2 tsp mixed spices*  
*'Crunchy' breakfast  
cereal*

