



Plum & apple crumble - Serves 4

Ingredients:

- 8 plums
- 3 braeburn apples
- 150g unsalted butter
- 1 tsp ground cinnamon
- 1 tbsp clear honey
- 150g flour
- 2 tbsp light brown muscovado sugar

Method:

Heat the oven to 200C/fan 180C/gas 6.

1. For the fruit filling peel, core and chop the apples into small chunks. Chop the plums into similar size pieces.
2. Simmer the fruit with a little water. Add the cinnamon and honey, and keep cooking until all the liquid is used up. Transfer the fruit mixture into a small ovenproof dish.
3. Tip the flour into a bowl and add the butter. Rub together to make crumbs and then stir in the sugar.
4. Sprinkle the crumble mixture over the chopped fruit and bake for 15 – 20 minutes until nicely browned on top. Serve with crème fraiche.

Alternative:

- Substitute the plum for rhubarb
- Add 2 tablespoons of desiccated coconut into the flour mixture

Did you know ?

Apples are high in natural sugars –fructose – and are perfect for cooking to make a sweet dessert without the need of excessive amounts of added sugars.

All fruits are a good source of vitamins, especially vitamin C.

Making puddings with fruit is a far better option than fuller fat and ready made options

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