



APPLE PLUM CRUMBLE

winter warmer with Harraways



Snack/Desert



30 - 40 min

Ingredients (for an individual serving)

1 ½ apples, peeled, cored, and sliced thinly

a stewed plum (or 1-2 Tablespoons of berries - frozen or fresh)

½ a cup of Harraways Black Current Spiced Apple Oats

½ Tablespoon of flour (I used Gluten Free flour)

30 grms of cold butter, grated or finally chopped.

Method

Preheat the oven to 180 degrees Celsius.

Rub the grated cold butter into the rolled oats until it's well combined or use a food processor to mix the two together.



Layer the apple around the individual sized bowl and place a plum or berries in the centre.

Sprinkle the Harraways Rolled Oat and butter mixture over the top of the apple and cook at 180 Celsius for 30 min or until the crumble topping is golden brown and the apple is cooked through.

You can make this Apple Plum Crumble Winter Warmer for the whole family by layering several apples in a pie dish and dotting berries or plums through the apple. Use 1.5 cups of Harraways Black Current Spiced Apple Oats, a heaped tablespoon of flour and 100 grams of cold butter (add more butter if needed).

As a dessert, serve it with yoghurt, ice cream or whipped cream. Without the extra sweetness of the ice cream or whipped cream it's great for breakfast, too!

Eat well, sleep well, study well or work well, and know you are loved.

Arohanui,
Suzy