Breakfast

Warm Apple and Blackberry Oat Crumble

Soft baked apples and blackberries sit under a crunchy topping of wholemeal breadcrumbs, oats and pumpkin seeds, sweetened with a drizzle of runny honey. A spoonful of creamy crème fraiche or yogurt is the perfect finishing touch.



Vegetarian | Low fat

15 min	194	31.8 g	13.6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 100 g fresh wholemeal breadcrumbs
- [ ] 50 g rolled oats
- [ ] 1 tbsp pumpkin seeds
- [ ] 2 eating apples
- [ ] 150 g blackberries
- [ ] 50 ml apple juice
- [ ] 1 tbsp runny honey
- [ ] half-fat crème fraiche or natural yogurt, to serve

Method

- [ ] 1 Heat the oven to 180°C or gas mark 4.
- [ ] 2 Tip the wholemeal breadcrumbs, rolled oats and pumpkin seeds into a bowl and stir them together.
- [ ] 3 Core the eating apples and chop them with the skins left on, then pile them into an ovenproof dish.
- [ ] 4 Scatter the blackberries over the apples and pour in the apple juice.
- [ ] 5 Cover the fruit evenly with the crumble mix, then drizzle the runny honey over the top.
- [ ] 6 Bake for 15 to 20 minutes until the topping turns golden brown.
- [ ] 7 Spoon the crumble into bowls while warm and top each one with half-fat crème fraiche or natural yogurt.

Nutrition Facts

Per serving

Calories	**194**
Total fat	3.7 g
Saturated fat	0.6 g
Sodium	Not listed
Total carbs	31.8 g
Fiber	5.2 g
Total sugars	13.6 g
Protein	5.8 g

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