

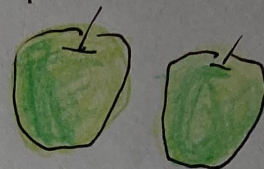
Blackberry and Apple Crumble

You will need • 4 green apples cored and peeled



• 1-2 cups blackberries

• 3 spoons of sugar



for crumble mix • 2 cups all purpose flour

• 1/2 cup margerine or butter

• 1/2 cup sugar

• 1/2 cup oats.

How to make • Chop apples, add berries and sugar
• cook in a pan on a low heat for 10 mins.

Crumble. • Add flour, sugar and fat to a bowl.
• crumble together with your fingers.
• Add oats

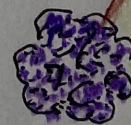
To cook.



• Put fruit in the bottom of dish
• Make sure dish is ovenproof.
• cover with crumble topping
• bake in oven gas mark 4 or 180°
• In about 20-30 minutes it is done

Blackberries are ripe from July to November.

They are full of really good vitamins and minerals.
Take a tub and see how many you can find.



Crumbles can be made with other fruits too; try
pears, plums, gooseberries, rhubarb too.

