

BLACKBERRY AND APPLE CRUMBLE

Recipe from Vegetarian Meals in 30 Minutes: More than 100 Delicious Meals For Fitness

Fruit crumble is a staple pudding in my house all year round, and it's a delicious way to get at least one of your five-a-day portions for fruit and veg. This version has a tasty flapjack topping made with oats and almonds, so it's higher in fibre, protein and vitamin E than regular crumbles. Blackberries are rich in polyphenols, which help reduce muscle soreness after exercise. I often use frozen berries, particularly in the winter, when fresh are more expensive. In any case, frozen fruit is just as nutritious as fresh as it is frozen within hours of picking with minimal loss of vitamins.

Serves 6

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

- 2 Bramley cooking apples, peeled, cored and thinly sliced
- 300 g (11 oz) blackberries (fresh or frozen)
- 1 tsp cinnamon
- 2 tbsp ground almonds

For the crumble:

- 50 g (2 oz) plain flour
- 40 g (1½ oz) brown sugar
- 75 g (3 oz) oats
- 50 g (2 oz) butter
- 50 g (2 oz) flaked almonds

To serve:

- Custard or Greek yogurt (see 'Make it VEGAN')

Preheat the oven to 190 °C/fan 170 °C/gas mark 5.

- Place the apples in a saucepan with the blackberries and cinnamon and just enough water to cover the base of the pan by about 1 cm (½ in). Cover, bring to the boil and simmer for 5 minutes.
- Meanwhile, prepare the crumble. Place the flour, brown sugar and oats in a mixing bowl. Add the butter and rub into the mixture until it resembles breadcrumbs. Alternatively, mix together in a food mixer. Stir in the flaked almonds.
- Tip the fruit into a baking dish and stir in the ground almonds. Scatter the topping over the top. Bake for 15–20 minutes until golden brown. Serve with custard or Greek yogurt.

NUTRITION per serving:

- 289 kcals • 6 g protein • 16 g fat (5 g saturates) • 28 g carbs (13 g total sugars) • 5 g fibre