

## BLUEBERRY CRUMBLE

A deliciously healthy individual dessert

Serves 2

Per serving: 227 calories, 3.1% fat  
(excluding yogurt to serve)

Prep time 10 mins

Cook time 20 mins

## INGREDIENTS

250g blueberries  
20g caster sugar  
1 tsp lemon juice  
½ tsp lemon zest  
½ tsp ground cinnamon  
15g ground almonds  
25g porridge oats  
30g soft brown sugar  
25g plain white flour

## METHOD

1. Preheat the oven to 190°C, 375°F, Gas Mark 5.
2. Toss the blueberries with the lemon juice, lemon zest, caster sugar and ground cinnamon. Divide the mixture equally between two oven-proof ramekin dishes.
3. For the crumble topping - in a bowl, combine the flour, brown sugar, porridge oats and ground almonds and mix until evenly combined. Sprinkle the topping over the fruit evenly.
4. Bake in the oven for 15 - 20 minutes. The blueberries should be bubbling at the edges and the topping should be golden brown. Remove from the oven and allow to rest for 2 - 5 minutes before serving with a spoonful of low-fat Greek yogurt.

