

APPLE AND BLACKBERRY SPELT CRUMBLE

Serves 6

Per serving: 216 calories, 2.2% fat
(excluding accompaniments)

Prep time: 10 mins

Cook time: 25 mins

INGREDIENTS

400g cooking apples
150g blackberries
freshly grated nutmeg
3 tbsps demerara sugar

For the Crumble:

100g plain flour
50g spelt flour
2 tbsps demerara sugar
50g low-fat spread
2 tbsps maple syrup
6 pecan nuts halves, chopped

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Peel, core and slice the apples into the bottom of an ovenproof dish with the blackberries. Sprinkle with the nutmeg and sugar.
3. Mix the flour, spelt and demerara sugar together. Rub in the margarine and pile on top.
4. Bake in a preheated oven for 20 - 25 minutes until golden brown on top and the apples are soft. Remove from the oven and drizzle with maple syrup.
5. Serve hot with low-fat custard or cold with low-fat Greek yogurt.

