

Apple & Blackberry Crispy Crumble

Serves 6

Ingredients:

180g blackberries
420g Bramley apples
150g soft margarine
70g porridge oats
50g flaked almonds
40g pumpkin seeds
80g plain flour
2g ground cinnamon
90g soft light brown sugar
60g caster sugar

Method:

1. Preheat the oven to 180°C. Peel, core and chop the apples, wash and drain the blackberries and then mix with the caster sugar and fill an ovenproof serving dish.
2. Melt the soft margarine and keep to one side. Combine the oats, almonds, pumpkin seeds, flour, cinnamon and brown sugar in a bowl. Stir in the melted soft margarine and spoon over the apple and blackberries.
3. Bake in the oven for 20-25 minutes until crisp and golden. Serve with creme fraiche or low fat natural yoghurt.