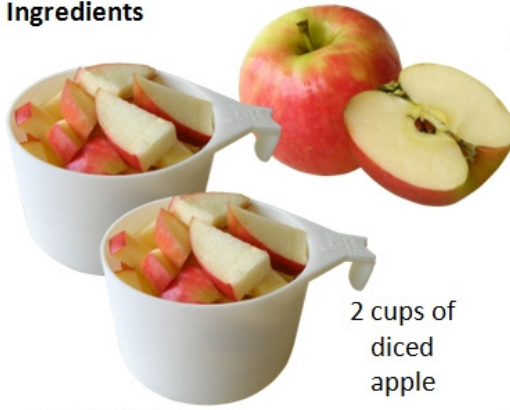


# Fresh apple crumble - 2 serves



## Ingredients



2 cups of diced apple

1½ apples make about 2 cups of diced apple



1 Weetbix or any wheat biscuit



¼ cup wholemeal flour (can be self raising)



1 tablespoons of margarine



¼ cup quick oats



½ cup of custard

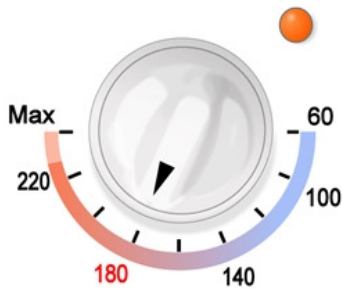


1 tablespoons of sugar

## Equipment



## Preparation



- Heat the oven to hot (180 degrees)  
(The time will depend upon the oven)



- Crush 1 Wheat biscuit into bowl



- Add ¼ cup of wholemeal flour



- Add ¼ cup of quick oats



- Add 1 tablespoon of sugar



- Use your hands to...



- ...rub the mixture and butter together





8 Add 1 tablespoon of water to the tray



9 Add 2 cups of apple



10 Spread topping over apples



11 Bake in the oven for 30 minutes.



12 Serve with custard



Good food plate



Serves in 1 serve of apple crumble



1 serve of fruit



1/2 serve cereal



1/2 serve cereal



1/2 serve cereal



1/2 dairy

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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