

Apple/Rhubarb Crumble



Serves 6-8

Ingredients

Topping

- 180g plain flour
- ¼ tsp salt
- 90g castor sugar
- 90g butter

Apple Crumble filling

- 450g cooking apples
- 2 tbs sugar
- ¼ tsp cinnamon
- ¼ cup water

Rhubarb Crumble filling

- 900g rhubarb
- 75g soft brown sugar
- 1 level tsp ground ginger

Method

1. Preheat the oven to 190°C. Butter a fireproof pie dish.
2. Make the crumble topping. Sieve the flour and salt into a bowl.
3. Rub in the butter until the mixture resembles breadcrumbs.
4. Stir in the castor sugar.
5. **For apple crumble:**
Peel, quarter and core the apples. Cut into thin slices and spread evenly in the dish. Mix together the cinnamon and sugar and sprinkle on to the apples. Add water.
6. **For rhubarb crumble:**
Cut the rhubarb into chunks. Place in a saucepan with sugar and ginger. Cook over a low heat (covered) for 15 minutes, stirring often. Drain off half the juice and place in dish.
7. Top with the crumble and bake for 45 minutes until biscuit coloured.
7. Enjoy with hot custard or ice-cream.

Nutrition

'An apple a day keeps the doctor away', Benjamin Franklin said. He might be right!

Apples are an amazingly nutritious fruit, rich in fibre and antioxidants, and linked to a lower risk of diabetes, heart disease, and cancer. Apples may also promote weight loss and improve gut and brain health.

Rhubarb is a 'superfood', also rich in antioxidants which have anti-bacterial, anti-inflammatory, and anti-cancer properties, and calcium which helps build and maintain strong bones.

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