

APPLE AND RASPBERRY CRUMBLE

Preparation time: 10 minutes

Cooking Time: 30 minutes

Serves: 6



Ingredients

- 1 x 800g can pie apple
- 1 cup frozen raspberries

Crumble

- 4 *Sanitarium Weet-Bix*, lightly crushed
- ½ cup rolled oats
- 1/3 cup chopped macadamia nuts
- 1 tablespoon brown sugar
- 2 tablespoons macadamia nut oil or rice bran oil

Method

1. Combine apples and berries and place in a casserole dish.
2. Combine crumble ingredients and sprinkle over fruit. Bake in a moderate oven, 180°C, for 30 minutes or until lightly browned.
3. Serve immediately with low-fat ice cream or custard.

Tips

Macadamia nuts are available all year round. When choosing, it's best to purchase nuts in an air-tight package. To ensure optimum freshness, store macadamias in an air-tight container, in a cool, dry place.

Nutritional Information:

Kilojoules 760 kJ

Calories 180 cal

Protein 3 g

Total fat 7 g

Carbohydrate 27 g

Sodium 41 mg

Potassium 183 mg

Calcium 20 mg

Iron 2 mg

Fibre 4 g

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