



re:fresh
your health and wellbeing
RECIPES

MICROWAVE APPLE CRUMBLE

15-20 MINS TO PREPARE

SERVES 4-8

INGREDIENTS

500g cooking apples
75g sugar
100g plain flour
50g butter or margarine
50g oats
Pinch of cinnamon

METHOD

1. Peel, core and slice the apples
2. Place the apples in a dish, sprinkle with 50g sugar, and microwave on full power for 4 minutes.
3. Rub the butter or margarine onto the flour, until it resembles breadcrumbs.
4. Stir in the remaining sugar and oats.
5. Spread the mixture over the apple slices.
6. Microwave on full power for 5-6 minutes.