



Harraways Apple Crumble

Divide 2 diced apples or 180g of tinned apple into 4 greased ramekin baking dishes.

In a food processor place:

20g margarine

¼ cup flour (64g)

2/3 cup soft brown sugar (80g)

Mix for 15 seconds.

Add:

1/3 cup Harraways Scotch Oats (32g)

1/3 cup Harraways Wholegrain Oats (32g)

Mix for a further 5 seconds.

Place the topping mixture over the apple in each dish and bake in oven at 180°C for 45 mins or microwave on high for 3 min 30 sec (per dish).

Serve hot with low fat yoghurt.

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