



No bake apple crumble

Serves 4



COOK



EAT

ENJOY

ENJOY

Ingredients

- 1 x 410g can pie apple
- 1 teaspoon cinnamon
- 3 tablespoons sultanas
- 200g reduced fat custard
- 200g reduced fat natural yogurt
- ½ cup crunchy granola cereal

Optional

Try swapping the apples with other stewed or canned fruits such as peaches, apricots or rhubarb. You can also swap the sultanas with raspberries or blueberries.

Replace granola with natural untoasted muesli for a lower fat option.



Method

Step 1

In a mixing bowl, mix the pie apple with cinnamon and sultanas.

Step 2

In a separate bowl whisk together custard and yoghurt, using a fork or a whisk.

Step 3

Using ramekins or short drinking glasses, layer the yoghurt mixture and apples, alternating as you go. Finish the top layer with yoghurt and add a sprinkling of granola.

Serves per portion:

