

Apple and Boysenberry Crumble

6 large apples, peeled and sliced
250mls water
½ cup sugar
grated rind and juice of 1 lemon
1 punnet boysenberries (or 1 ½ cups frozen)

Crumble topping

1 cup rolled oats
¾ cup wholemeal flour
1 tsp cinnamon
½ cup brown sugar
30 g pecans or walnuts, chopped
¼ cup skim milk

Place the apple in a saucepan with the water. Bring to the boil and cook for about 5 minutes. Add lemon juice and rind plus sugar; cook until the fruit is tender. Pour into ovenproof baking dish, add boysenberries, cover with the topping and bake at 180C for about 20 minutes – topping should look browned and crisp. Serve with custard, yoghurt or low fat icecream.

Crumble topping:

Place all ingredients except milk into a bowl. Add milk and stir until mixed. The mixture should bind together when pressed but should not be sticky or wet. Use as directed.

Serves 6

Yoghurt Pouring Cream

1/3 cup low fat milk
¾ cup low fat yoghurt
2 tspns vanilla essence
¼ cup icing sugar

Combine all ingredients in a bowl and mix well.

Health Habits:

- Replacing white flour with wholemeal flour and oats – increases fibre and adds more vitamins and minerals
- Eliminating butter – reduces fat content
- Adding walnuts – adds essential omega 3 fatty acids
- Serving with yoghurt, custard or low fat icecream – less fat than cream