

Granny Smith apple crumble



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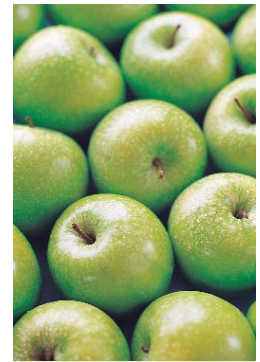
Preparation: about 30 minutes
Cooking: about 50 minutes
Serves: 6-8

1.5kg Granny Smith apples, peeled, cored and cut into thin wedges
 $\frac{3}{4}$ cup caster sugar
2 tbs lemon juice
 $\frac{1}{3}$ cup sultanas
Vanilla ice-cream, to serve

Crumble topping

1 cup plain flour
 $\frac{1}{2}$ cup brown sugar
1 tsp ground cinnamon
125g butter, chilled and chopped
 $\frac{1}{3}$ cup slivered almonds

1. Preheat oven to 180°C (160°C fan-forced). Place apples, sugar, lemon juice and sultanas in a bowl. Toss to combine. Transfer to a greased 8-cup ovenproof dish.
2. To make crumble, place flour, sugar and cinnamon in a food processor. Process to combine. Add butter and process until roughly crumbled. Stir in almonds. Sprinkle crumble over apples. Bake for 50 minutes until topping is golden and crisp and apple is tender. Serve with vanilla ice-cream.



Granny Smith apples

- A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep kids regular.
- Good source of vitamin C. Among its many functions, vitamin C contributes to healthy bones, teeth and gums.
- Low GI which means it is digested and releases its energy slowly.