

Mrs Ross' Choice Healthy Eating Recipes Crumble

Ingredients

Crumble topping

100g (3 1/2 oz) flour
50g (1 2/4 oz) butter or margarine
25g (3.4 oz) oats
50g (1 3/4 oz) hard cheese
e.g. Wensleydale, Cheddar, Cheshire
1 spring onion, chopped

Vegetable base

300g (10 1/2 oz) courgettes, diced
2 carrots, peeled and diced
1 sweet potato, peeled and diced
1 x 400g can tomatoes
5ml (1 tsp) spoon cumin

Method

1. Preheat the oven to Gas mark 5
2. Prepare the vegetables
3. Sieve the flour into the mixing bowl.
4. Rub the butter or margarine into the flour.
5. Grate the cheese then stir into the flour mix with the oats and spring onion.
6. Place the vegetables with the crumble mix.
7. Using oven gloves, place in the oven and bake for about 30-40 minutes.

Variation - Fruit crumble

At step 4, replace cheese and spring onion with 25g (3/4 oz) white or brown sugar. Peel, core and chop 200g (7 oz) cooking apples and place in dish with 50g (1 3.4oz) sultanas, a further 25g (3/4oz) sugar and a large pinch of cinnamon. Cover with the crumble mixture and bake for 30-40 mins at gas mark 5.