

# Cherry berry crumble recipe

Tinned or frozen fruit is topped with a crunchy crumble mixture in this easy pudding.

Prep: 10 mins

Cook: 30 mins

Serves 6



## Ingredients

- 400g frozen or tinned fruit like cherries or mixed berries
- 150g plain flour
- 75g lower-fat spread
- 30g porridge oats
- 1 tablespoon demerara or granulated sugar
- 12 tablespoons low-fat, lower-sugar plain yoghurt, to serve.

## Optional ingredients

- Few drops of vanilla essence

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## Method

1. Preheat the oven to 180C/fan oven 160C/gas mark 4.
2. Put the tinned or frozen fruits into a baking dish (there's no need to thaw the frozen fruits).
3. Put the flour into a large mixing bowl and add the lower-fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats and sugar.
4. Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30 to 35 minutes. Serve with 2 tablespoons of yoghurt per person.

Try adding a few drops of vanilla essence to the yoghurt to add some more flavour.

## Per serving:

1,059kJ / 252kcal

6.2g protein

35.6g carbohydrate of which 12.9g sugars

8.8g fat of which 2.2g saturates

2.9g fibre

120mg sodium equivalent to 0.3g salt