

Apple Crumble

Ingredients

120g fresh white breadcrumbs (check what you are allowed)

60g soft brown sugar

60g caster sugar

¼ teaspoon ground cinnamon

1 lemon, grated rind & juice

60ml MCT Oil

480g cooking apples, peeled, cored & sliced

Method

1. Preheat the oven to 375°F/ 190°C/ Gas Mark 5.
2. Mix thoroughly the breadcrumbs, sugar, cinnamon and grated lemon rind.
3. Add the oil and mix well.
4. Put a layer of the breadcrumbs mixture in the bottom of a pie dish, followed by a layer of apples.
5. Repeat these two layers then pour over the juice of the lemon.
6. Finish with a layer of the breadcrumb mixture.
7. Bake for 35-40 minutes until the top is crisp and the apples are tender.
8. Serve with either custard or ice-cream.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics