

# MY WEANING COOKBOOK

Dessert

## No added sugar apple crumble

**Cook time:** 45 mins  
**Servings:** 1 crumble to share  
**Freezable:** Yes  
**Suitable for:** 6 months +  
**Allergens:** Gluten & milk (dairy free alternative available)

Ideal for  
all the family  
to enjoy



Provided by

*SR Nutrition*  
CHARLOTTE STIRLING-REEC

 **AllergyUK**

## Ingredients

- 700g apples
  - 50g chopped dates
  - ½ teaspoon cinnamon
  - 50mls water
- For topping:**
- 85g wholemeal **flour**
  - 85g rolled **oats**
  - 60g **butter** or soya spread
  - Zest of half an orange

## Method

1. Preheat the oven to 180°C and peel all the apples
2. Add 50mls of water to a pan and bring it to the boil
3. Chop the apples into fairly small chunks and add them to the boiling water as you go (this gets you a good mix of well cooked and harder, more chunky apples in your final dish)
4. Once all the apples are in the pan, add the cinnamon and the dates and turn the heat down slightly. Add a lid to the pan and cook for another 10 minutes or so (add a little more water if necessary).
5. Once some of the apples are soft, turn the heat to a simmer and remove the lid. Allow any remaining water to evaporate out of the pan and then remove the apple mixture from the heat and add to a crumble dish (roughly 20 cm by 20 cm in size, but any will do).

### For the crumble:

6. Add the butter, oats and flour into a bowl with the orange zest and mix together using your fingers (or pulse the ingredients together in a food processor)
7. Once the mixture is a similar texture to breadcrumbs and is mixed all the way through, pour on top of the apples and give the container a little shake to make sure it fills in the gaps
8. Pop the crumble in the oven for around 20 minutes or until it goes a nice golden brown on top. Once cooked, serve warm with a dollop of natural yogurt and a little orange zest to top.

## Allergen information



Gluten



Milk

(dairy free alternative available)

## Great for...

- Eating together as a family; including children at your meal times helps them with development and food acceptance

## My notes:

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