



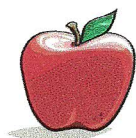
Apple Recipes



Apples are in season from September to November, so now is the best time to eat them!

Apples are said to have multiple health benefits as they contain antioxidants, which are disease-fighting compounds and are also high in fibre, which helps towards a healthy digestive system.

Here are a few Apple Recipes which we have tried at nursery and thought you might like to try together at home too:



Simple Apple Crumble



Ingredients:

600g Cooking Apples

(peeled, cored & sliced)

100g Wholemeal flour

75g Margarine or Butter

25g Demerara Sugar

50g Porridge Oats

- 1) Pre-heat your oven to 190°C/375°F/Gas mark 5.
- 2) Put your apple slices into an oven-proof dish.
- 3) Mix the flour, margarine & sugar with your fingers until they are like breadcrumbs.
- 4) Stir in the oats.
- 5) Put the mixture on top of the apples.
- 6) Bake for approx 35-45 minutes.

