

One of our lovingly created Kindred Recipes!

Sugar-Free Apple Crumble

Ingredients

(Based on Family of 4)

- ✓ 600g Apples
- ✓ 2oz Stork
- ✓ 2oz Plain flour
- ✓ 3oz Oats

Method

- ✓ Mix the stork, flour and oats together to make a crumble mix.
- ✓ Place the apples at the bottom of a baking tray and top with crumble mix.
- ✓ Bake in the oven at 180 degrees for around 45 minutes.
- ✓ Serve and enjoy!