



Apple, pear and ginger crumble

Serves: 6

Time

Preparation time 15 minutes

Cooking time 30 minutes

Ingredients

- low-calorie spray oil
- 411g tinned pear halves in juice
- 600g Bramley apples, peeled, halved, cored and cut into chunks
- 50g caster sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 1 teaspoon cornflour, dissolved in 2 tablespoons cold water
- 75g (6) reduced-fat ginger snap biscuits
- 75g plain porridge oats
- 1 teaspoon ground cinnamon

To serve

- 2 x 175g pots of low-fat vanilla yogurt





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Method

1. Preheat the oven to 180°C or gas mark 4 and spray a medium ovenproof dish with low-calorie spray oil.
2. Pour the tinned pears with their juice into a large saucepan with the apple chunks and set over a moderate heat while you add the sugar, cinnamon and ginger. Simmer for 10 minutes, stirring occasionally.
3. Add dissolved cornflour and stir while the sauce thickens, then pour into the prepared dish.
4. To make the crumble, place 6 ginger snap biscuits into a freezer bag along with porridge oats and ground cinnamon and then bash with a rolling pin until it resembles a crumble. Spoon evenly over the cooked fruit.
5. Set the fruit crumble into a hot oven for 20 minutes until toasted and bubbling.
6. Spoon into bowls and serve with a dollop of vanilla yogurt.

Method

You can add a little more sugar if the apples are too tart.

This recipe also works well using 2 teaspoons of artificial sweetener instead of sugar.