

ABI'S APPLE CRUMBLE

Serves 6

Thanks to Abi one of our original SlimmingPals members for this really delicious apple crumble which just about everyone seems to love –SlimmingPal member or not! .

Ingredients:

- 750 g dessert or cooking apples, cored, peeled and diced
- 75 g Xylitol*
- ¼ tsp of cinnamon (or more depending on taste)
- 150g of porridge oats
- 300g ground almonds
- 75g butter, plus a little more to dot on the top.

If using dessert apples you will need less/no Xylitol – all a matter of taste really. You could also add 1 or 2 cloves to the diced apple mix.

Method:

1. Combine the apples with the Xylitol and the cinnamon and place in the bottom of an ovenproof dish.
2. Using your fingers, mix the oats, ground almonds and butter together to form a crumble mix and spread over the top of the apples.
3. Put a few extra dots of butter on the top and pop in the oven at 150C for about 30 minutes. The top should go a nice golden colour.

Great served with crème fraiche, natural yoghurt or perhaps ice cream for those who are not watching your weight.

Xylitol is a natural sugar from Birch bark that has a very low glycaemic index and so is suitable for weight-loss diets. Ask us about how to obtain it – it is readily available in the UK.