

TRANSFORMING THE

Healthcare

EXPERIENCE

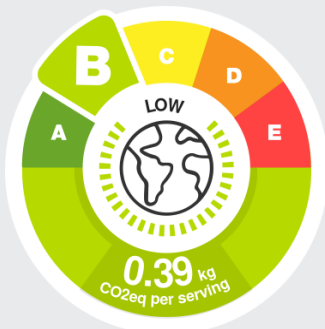


Spiced Apple Crumble Cake



Serves 9 // Preparation/Cooking time: 55 mins

Carbon score



Nutrition Information per portion

Energy: 362 kcal

Fat: 25g

Saturated Fat: 15g

Carbohydrate: 31g

Sugars: 28g

Fibre: 0.8g

Protein: 4.1g

Salt: 0.42g



Spiced Apple Crumble Cake

INGREDIENTS

For the Crumble Topping:

- 50g plain flour
- 30g porridge oats
- 50g caster sugar
- 60g butter

For the Cake:

- 450g plain flour
- 175g butter
- 2 tsp baking powder
- 175g caster sugar
- 3 free range eggs
- 225ml milk
- ½ tsp ground clove
- 2 cooking apples

METHOD

1. Preheat the oven to 200°C.
 2. Peel, core and chop the apple into 5mm dice.
 3. In a large bowl, rub the butter into the flour. Add the baking powder, caster sugar, diced apple and ½ ground clove.
 4. Whisk the eggs with a cup of milk in another bowl. Add to the dry ingredients and mix well (the mixture will be a soft texture). Pour into the greased, lined roasting tin.
 5. For the crumble topping, mix the flour, sugar, porridge oats and butter until a sandy texture is reached and sprinkle over the top of the cake mixture.
 6. Bake for 35-40 minutes or until the apples are soft and the top is golden brown.
 7. Dredge with soft brown sugar while hot, cool and cut into squares. Sprinkle with a small amount of icing sugar if desired.
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