



APPLE SCRUNCHIE

UK-grown apples are in season from September to the end of the year. Many are perfect for enjoying on their own as a delicious, healthy, energy-boosting snack.

Cooking apples are too sour to be eaten raw, but when used as an ingredient they can be transformed into some of the nation's favourite desserts. In this recipe traditional apple crumble gets a healthy makeover. It couldn't be simpler to make and it's one of your 5 A DAY ...



Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; cut using bridge/claw technique safely; use measuring spoons; use the hob/oven (with adult supervision).

Equipment: Knife, chopping board, measuring spoons, spoon, bowl, baking dish, oven gloves.

Ingredients (makes 2 portions):

- 1 large cooking apple
- Squir of lemon juice
- Small handful raisins (~20g)
- 1 wheat biscuit (e.g. weetabix), crushed
- 1/2 teaspoon cinnamon
- 1 knob / dessertspoon of butter or margarine
- 1 teaspoon runny honey

Method

1. Preheat the oven to 160C (gas mark 3).
2. Wash the apple and cut in half vertically, then cut out the core. Place in an oven dish, with apple skin facing downwards.
3. Squir lemon juice over the apple flesh.
4. Sprinkle on the raisins, dividing between the two apple halves.
5. Mix the cinnamon into the crushed wheat biscuit and sprinkle the mixture over the two apple halves.
6. Dot the cereal topping with the margarine and drizzle with honey.
7. Bake in the oven for around 20 minutes, until the apple is tender and the topping golden.



APPLE SCRUNCHIE Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Apple Scrunchie ...

Apples are high in fibre and are packed with lots of different substances called phytochemicals. Phytochemicals can help protect our bodies against disease.

Wheat Biscuits are high in fibre and have a number of vitamins and minerals (including iron) added to them. They are low in fat, sugar and salt.



Energy, sugar, fat and salt per serving

Per half baked apple

ENERGY
661KJ / 157kcal **8%**

LOW **FAT**
4.5g **6%**

LOW **SATURATES**
0.9g **5%**

MED **SUGARS**
19.0g **21%**

LOW **SALT**
0.2g **3%**

% of an adult's reference intake
Typical values per 100g : Energy 396KJ / 94kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.