



# 5-Ingredient Apple Crumble

## INGREDIENTS

- 3 small apples (any variety)
- 1/2 cup quick oats
- 1/2 cup whole wheat flour
- 1/2 cup brown sugar
- 1/3 cup vegetable oil\*
- 1 tsp cinnamon

## EQUIPMENT

- Cutting board
- Knife
- Spoon or melon baller
- Small bowl
- Mixing spoon
- Butter knife
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Large baking dish

## DIRECTIONS

1. Pre-heat oven to 350 F.
2. With adult supervision using your knife and cutting board to cut apples in half. Using a spoon or melon baller, scoop out the centre core and seeds. Place into a baking dish and set aside.
3. In the bowl combine the oats, flour, brown sugar, cinnamon and oil. Mix together.
4. To assemble, divide the crumble mixture evenly between the 6 half apples, filling the scooped out core and lightly covering the apple.
5. Before baking, pour a thin layer of water on the bottom of the baking pan to keep our apples plump and moist.
6. Have an adult place the tray in the oven and bake for 40 mins.
7. Serve and enjoy!



### FUN FACT!

Apple skins contain most of the apple's vitamins, minerals and fibre. That's why we leave it on in this recipe!