



Rhubarb & apple crumble



A classic dessert favourite of ours that we usually have on a Sunday after a big Sunday dinner! The tart rhubarb balances well with the sweet apples and the buttery crumble to provide the perfect treat!

Serve up with ice cream or make your own nice cream!

This recipe serves 8

What you'll need:

Large mixing bowl, weighing scales, large glass oven dish, peeler, wooden spoon, round edged knife, extra large saucepan, measuring jug

Ingredients

- 1080g rhubarb
- 3 medium apples
- 50g granulated sugar
- $\frac{1}{2}$ lemon juice
- 350g flour
- 150g plant-based butter
- 100g caster sugar
- 1tbsp ground cinnamon
- 200ml water

Method

1. Firstly, prepare the fruit. Cut off either end of the rhubarb and slice into chunks, about an inch thick. Then peel and core the apples and cut into same sized chunks
2. Add the rhubarb, apple, 200ml water, lemon juice and granulated sugar to the large saucepan and heat over a low heat for about 10 minutes or until the rhubarb softens slightly
3. While this is warming prepare the crumble and pre-heat the oven to gas mark 5
4. In a mixing bowl add flour and butter. Rub the butter into the flour with your fingertips until the mixture resembles fine breadcrumbs
5. Stir in the sugar gently
6. When the fruit is ready remove from the heat and spread evenly throughout the glass dish
7. Sprinkle the crumble on top making sure there are gaps and the fruit base is completely covered
8. Gently press the crumble down with your hands
9. Sprinkle over the cinnamon and place in the middle of the pre-heated oven
10. Bake at gas 5 for 15 minutes, then reduce to gas 4 for a further 45 minutes
11. The top should be slightly firm and turning golden

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Approximate nutritional value per serving

Calories kcal	358
Fat grams	16.66
<i>Of saturates</i>	3.19
<i>Polyunsaturated</i>	4.67
<i>Monounsaturated</i>	5.06
Carbohydrates grams	31.31
<i>Of fibre grams</i>	1.24
<i>Of sugars grams</i>	5.38
Protein grams	6.49
Sodium mg	0.38
Calcium mg	3
Iron mg	0.019
Potassium mg	55.5
Salt mg	0.131
Vitamin A mcg	24
Vitamin C mcg	2.36
Omega 3 grams	3.94