

Crunchy Apple Bake*

Prep time: 15 minutes Chilling time: 30 minutes



4-6



12



Ingredients

5 large cooking apples, peeled and sliced (eating apples can be used for a sweeter taste)

3 tablespoons water

150g / 5oz cornflakes, crushed

50g / 2oz caster sugar

1 ½ teaspoons cinnamon

40g / 1 ½ oz vegetable spread, (melted in a microwave, check every 10 seconds)



Method. Pre heat oven to 150°C/Gas Mark 2

- Place the sliced apples, sugar and water in a microwavable dish. Soften in the microwave for 6 minutes
- Mix the crushed cornflakes and cinnamon into the melted spread
- Sprinkle the cornflake mixture over the apples. Bake in the oven for 30 minutes

Tip!

Have you tried your local food co-op for a weekly supply of fruit and vegetables



* Sourced from Caroline Walker Trust CHEW Resource