

# Crumble-in-a-Bag

This is a fun and novel way to make crumble. It's easy to measure, involves very little mess and is great for those occasions when there is limited space available.



Milk, oats (gluten) and wheat (gluten)\*

Nutritional information per portion (220g):

Energy 2075kJ 494kcal 25%	Fat 15g 22%	Saturates 3.6g 18%	Sugars 13g 14%	Salt 0.29g 5%
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of an adult's reference intake.  
Typical values per 100g: energy 943kJ/225kcal.

## Equipment

Can opener  
Large metal spoon  
Medium ovenproof dish  
or small foil container  
and lid x 2  
Medium-sized  
zip seal bag  
15ml measuring spoon  
Baking tray  
Oven gloves

## Ingredients

**Serves 4**  
400g can apple  
(not pie filling)  
6 x level 15ml spoons  
wholemeal flour  
6 x level 15ml spoons  
plain white flour  
6 x level 15ml  
spoons oats  
3 x level 15ml spoons  
caster OR demerara  
sugar (or some of each)  
5 x level 15ml spoons  
unsaturated fat spread

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Don't squeeze out all of the air as this will make the bag sticky when you rub-in the crumble.
- Be gentle when you rub-in the crumble so that you don't break the bag.

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## Method

1. Using the can opener, carefully remove the lid from the canned apple.
2. Using the metal spoon, spoon the apple into the foil containers or ovenproof dish.
3. Preheat the oven to 180°C/160°C fan or gas mark 4.
4. Open the zip seal bag and fold the top over.
5. Measure the wholemeal flour, plain flour and oats into the bag using the 15ml measuring spoon.
6. Add the caster or demerara sugar to the bag. Unfold the bag, zip it shut and gently shake the bag to mix the dry ingredients.
7. Reopen the bag and fold over again. Carefully add the spread into the bag. You may need to use the edge of the container to level the spoon and the edge of the bag to help you slide the spread off the spoon.
8. Unfold the top of the bag and gently squeeze out some of the air and then zip it shut.
9. Using the rubbing-in method, use your fingertips to gently rub-in (not squeeze) the ingredients together until small lumps appear. All the ingredients should remain inside the bag.
10. Unzip the bag and fold over the top again and either spoon or pour the crumble carefully over the fruit.
11. Place the foil containers or dish on a baking tray and bake for 25-30 minutes or until the crumble topping is golden brown.

## Something to try next time

- Use 400g of any type of canned, frozen or fresh fruit (in natural juice) instead of the apple.
- Use a combination of fruits such as blackberries and apples.
- Add ¼ x 5ml spoon of cinnamon or mixed spice to the crumble or apple mixture for extra flavour.
- Add 1 x 15ml spoon of sultanas or raisins to the apple mixture.

## Prepare now, eat later

- The uncooked crumble can be stored in the fridge for up to 2 days.
- If you are planning to freeze the crumble, foil dishes are ideal to use as they stack easily in the freezer and free up your ovenproof dishes. Freeze, either uncooked or cooked, for up to 1 month. Defrost before baking or reheating.

### Skills used include:

Measuring, rubbing-in, mixing/combining and baking.