

## **Crumble mixture – Dairy free and wheat free**

100g / 4oz / 2/3 cup Demerara sugar

100g / 4oz / 2/3 oatmeal flour (can be made by putting ordinary porridge oats in a blender)

1 teaspoon cinnamon

75g vegetable oil

(for individual portions:

2 tablespoons sugar, 2 tablespoons flour, 1 tablespoon oil, ¼ -½ cinnamon)

### **Method**

- 1) Mix together dry ingredients.
- 2) Add oil and mix thoroughly until mixture looks a bit like flapjack mixture.
- 3) Heat oven to Gas 5 / 190C / 375F
- 4) Fill an ovenproof dish with your chosen fruit (e.g. thinly sliced apples with blackberries).
- 5) Sprinkle mixture over filling, making sure the filling is covered.
- 6) Cover dish with foil and cook for 10 mins
- 7) Remove foil and cook for 20 mins