

# Fruity Crumble



This is an easy dessert to make which can be eaten hot or cold with yogurt or ricotta whip. You can use whatever fruit you have at home - apples, pears, peaches, plums, rhubarb. Makes 6 serves.

## Ingredients

6 apples, pears or other fruit  
 Juice and grated rind 1 lemon  
 2 teaspoons cinnamon  
 1 cup rolled oats  
 1 teaspoon desiccated coconut  
 1 tablespoon sunflower seeds  
 2 tablespoons unprocessed bran  
 2 tablespoons wheatgerm  
 1 tablespoon chopped almonds  
 2 teaspoons sesame seeds  
 1½ tablespoons margarine

## Utensils

Peeler  
 Chopping board and knife  
 Oven-proof dish  
 Lemon juicer  
 Measuring cups and spoons  
 Bowls

