Fruit crumble

Source of fibres



6 cups	Fruit of your choice	1,5 L
1 teaspoon	Cinnamon	5 ml
1/2 cup	Butter (or margarine), melted	125 ml
1/3 cup	Brown sugar	90 ml
1 cup	Rolled oats	250 ml



Preparation

- Preheat the oven to 350°F (175°C).
- 2. Place the fruits in an oven-proof dish. Sprinkle with cinnamon.
- 3. In a bowl, mix butter and brown sugar. Add rolled oats.
- Spread the mixture over the fruits. Bake for 60 minutes or until the top of the crumble is golden-brown.



Fruit of your choice. For example: sliced apples, peaches or pears, fresh or frozen berries (strawberries, raspberries, blueberries, blackberries), etc. Ripe or shrivelled fruit is ideal for this recipe!

