

## Vegan Apple Crumble



### Dish Description / Methods:

1. Preheat oven to 180°C.
2. Peel apples, quarter, remove cores, and use a paring knife to thinly slice lengthwise.
3. Add to a large mixing bowl and top with remaining filling ingredients. Toss to combine. Add to a 9x13-inch (or similar size) baking dish (adjust pan size if altering number of servings).
4. Rinse and wipe out your mixing bowl and add all topping ingredients. Stir to combine, then use fingers to break down any clumps of sugar. Pour over apples in an even layer.
5. Bake for 50 minutes to 1 hour (uncovered) or until the filling is bubbly, the apples are fork tender (especially in the centre of the dish), and the topping is a deep golden brown.
6. Let the dish rest at least 30 minutes before serving.

### Allergens:

Gluten, tree nuts, Peanuts (may contain)

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

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### Ingredients

| Supplier    | Supplier Code | Commodity                           | Unit Measurement | Quantity Used (10 Portions) |
|-------------|---------------|-------------------------------------|------------------|-----------------------------|
| Bidfood MTD | 75646         | BB - Granny Smith Apple - CHILLED   | Each             | 3                           |
| Bidfood MTD | 76749         | Red Apple Large - CHILLED           | Each             | 3                           |
| Bidfood MTD | 86811         | EVERYDAY FAVOURITES CORNFLOUR       | Grams            | 5                           |
| Bidfood MTD | 98770         | Bb - Lemon Medium.                  | Each             | 1                           |
| Bidfood MTD | 70371         | EVERYDAY FAVOURITES GROUND CINNAMON | Grams            | 2.5                         |
| Bidfood MTD | 57982         | Tate & Lyle Demerara Sugar          | Grams            | 100                         |
| Bidfood MTD | 80426         | Orchard Grove Apple Juice           | Grams            | 100                         |
| Bidfood MTD | 70376         | EVERYDAY FAVOURITES GROUND NUTMEG   | Grams            | 2                           |
| Bidfood MTD | -             | -                                   | -                | -                           |
| Bidfood MTD | -             | For topping                         | -                | -                           |
| Bidfood MTD | 88161         | MORNFLAKE PORRIDGE OATS             | Grams            | 80                          |
| Bidfood MTD | 3522          | EVERYDAY FAVOURITES GROUND ALMONDS  | Grams            | 40                          |
| Bidfood MTD | 34079         | EVERYDAY FAVOURITES PLAIN FLOUR     | Grams            | 40                          |
| Bidfood MTD | 57982         | Tate & Lyle Demerara Sugar          | Grams            | 40                          |
| Bidfood MTD | 19581         | Curtis Pecan Nuts - GENERAL         | Grams            | 40                          |
| Bidfood MTD | 70371         | EVERYDAY FAVOURITES GROUND CINNAMON | Grams            | 1                           |
| Bidfood MTD | 23522         | PREP ZT LONG LIFE VEGETABLE OIL BIB | Grams            | 10                          |

### Nutrition per portion (107g):

|              | Kcal | Carbohydrates | Sugar | Total Fat | Saturates | Protein | Fibre | Salt |
|--------------|------|---------------|-------|-----------|-----------|---------|-------|------|
| <b>Total</b> | 205  | 31            | 23    | 6.9       | 0.9       | 2.9     | 2.5   | 0    |
| <b>%RNI</b>  | 10%  | 12%           | 26%   | 10%       | 5%        | 6%      | 10%   | 0%   |

**Quality statement:** The details in this document are accurate at the time of production on 14 January 2022. Products may change over time and updates can be found on our website at [www.supplychain.nhs.uk/categories/food](http://www.supplychain.nhs.uk/categories/food) Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

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