**Apple and Plum Crumble**

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**Ingredients**

500g Cooking apples

100g Plums

50ml Water

35g Caster sugar

¼tsp Cinnamon

**Crumble topping**

80g Plain flour

80g Margarine

80g Dark brown sugar

55g Rolled oats

¼tsp Nutmeg

1tbsp Honey

**Method**

1) Peel, core and slice the apples. Stone and quarter the plums.

2) Place the fruit in an ovenproof dish with the water, sugar and cinnamon.

3) Rub the margarine and flour together then stir in the dark brown sugar, oats, nutmeg and honey. Spoon the crumble mix over the fruit.

4) Bake in an oven at 200˚C (Gas Mark 6) for 30 minutes until the crumble is golden brown.

Serve with… custard.

Recipes taken from **‘Food for Thought’** cookbook **-** this can be downloaded on for **FREE** on: [http://www.kidney.org.uk/help/books/books-foodwiththought/](http://www.kidney.org.uk/books/food_with_thought.pdf)

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