



Breakfast apple and berry crisp

Serves 4–6

Method

- 1 **Preheat** the oven to 190°C/170°C fan/gas mark 5.
- 2 **Peel, core** and thinly **slice** the apples.
- 3 Put the apples in a medium saucepan with the water and cinnamon. **Cook** on a low heat for 8 minutes.
- 4 To make the topping, **roughly chop** the hazelnuts and walnuts. **Mix** the chopped nuts, ground almonds, oats, seeds and spices in a large bowl. **Stir in** the honey and oil until coated.
- 5 **Remove** the apples from the heat and put in an ovenproof baking dish. **Sprinkle** the berries over the apples. **Spread** the topping over the fruit.
- 6 **Bake** in the preheated oven for 35 minutes, until the topping begins to lightly brown. **Remove** from the oven and **scatter over** the linseeds.
- 7 **Serve** warm or cold with Greek yogurt.

Ingredients

- 4 medium cooking apples
- 2 tablespoons water
- ½ teaspoon ground cinnamon
- 250 g fresh or frozen berries, such as blackberries or blueberries
- 1 tablespoon linseeds
- Greek yogurt, to serve

For the topping:

- 75 g hazelnuts
- 75 g walnuts
- 150 g ground almonds
- 100 g rolled oats or other cereal, such as quinoa flakes
- 75 g pumpkin or sunflower seeds
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- 2 tablespoons honey
- 1 tablespoon oil

Equipment

Plates and bowls for ingredients, weighing scales, chopping board, chopping knife, peeler, corer, teaspoon, tablespoon, medium saucepan, large bowl, baking dish, pot stand, serving bowls

