

TRUfree

Wheat
& Gluten
free

Apple, Raisin and Custard Crumble

A no-bake Wheat Free and Gluten Free Crumble using Trufree Digestive biscuits as a topping over custard and apple raisin layered filling. The nuts used in this crumble gives it a delicious crunch, contrasted with the sweet tangy flavours of the apple...mmm. Some of the crumble can be prepared in advance so it's perfect for a dinner party.



Makes: 4

15 minutes

6-7minutes



Ingredients

Crumble

50g Trufree Digestive Biscuits (1 individual pack)

50g toasted flaked almonds

50g pecan nuts

Filling

450g cooking apple, peeled, cored and sliced

25g caster sugar

50g raisins

2 tablespoons water

Custard

300ml ready made custard (gluten free)

Method

Prepare crumble: Whiz the digestive biscuits and nuts together in a metal bladed food processor or crush the Digestive biscuits by placing in a sturdy bag and bashing with a rolling pin. Chop the nuts and combine together with the biscuits. Place on a baking sheet and place under a preheated grill for approximately 2 – 3 minutes to lightly toast and crisp the biscuits.

Simmer apple with the sugar, raisins and water in a small covered saucepan for 6-7 minutes or cook until just tender.

Divide custard between 4 individual microwave proof ramekin dishes.
Spoon apple and raisin mixture over the custard.

Sprinkle with the nutty crumble topping. Serve immediately whilst crumble remains crunchy.

To prepare in advance make up to the end of stage 3 and cover with microwave film. Chill until required. Place crumble mix in a sealed bag until required.

- Microwave ramekin portions individually for 30 seconds or until just warm.
- Sprinkle with the prepared crumble mix and serve.

Downloaded from: www.trufree.co.uk

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