



Apple and Blackberry Crumble

Filling

2 cooking apples
1 punnet blackberries
1 x 15ml spoon sugar

Crumble

100g sugar
50g butter
200g plain flour

Method

1. Ask an adult to turn the oven on to gas mark 4 or 180oC
2. Peel the apples using a vegetable peeler. Place on the chopping board and cut around the core into 4 pieces. Throw away the core and peel. Chop the apple into small pieces.
3. Place the blackberries into the colander and wash them under the cold tap.
4. Put the apple and blackberries into the bottom of the ovenproof dish and sprinkle with the 15ml spoon sugar.
5. Now make the crumble. Weigh out the flour and place into the mixing bowl.
6. Weigh the butter and chop it into small squares, using a chopping board and knife. Put the butter into the mixing bowl with the flour.
7. Using clean hands, use the tips of your fingers to rub the butter into the flour until it looks like breadcrumbs. TIP: Use cold butter straight out of the fridge.
8. Weigh out the sugar and stir it into the crumble mixture.
9. Place the crumble mixture on top of the fruit.
10. Place the crumble into the oven and bake for 30-40 minutes until the crumble topping is golden.
11. When cooked ask an adult to remove from the oven using oven gloves.



Zesty Lemon and Raspberry Muffins

Ingredients

140g raspberries
250g self-raising flour
140g caster sugar
1 tspn bicarbonate of soda
85ml sunflower oil
2 eggs
½ lemon
150g low-fat lemon yoghurt
1 tspn vanilla extract

Method

- 1. Ask an adult preheat the oven to 200°C/180°C fan or gas mark 6.**
- 2. Put the paper cases into the muffin tin.**
- 3. Wash the raspberries and leave to drain.**
- 4. Mix together the dry ingredients (flour, sugar and bicarbonate of soda) in a mixing bowl.**
- 5. Place the oil in the measuring jug.**
- 6. Beat the eggs separately in a second measuring jug and add to the oil.**
- 7. Grate the peel from the lemon (this is called zesting). Squeeze the juice.**
- 8. Measure the yoghurt and add to the oil and egg mixture.**
- 9. Add the vanilla extract, lemon juice and zest to the wet ingredients.**
- 10. Pour the wet ingredients into the dry ingredients and stir until combined.**
- 11. Gently fold in the raspberries.**
- 12. Spoon the mixture into the paper cases.**
- 13. Ask an adult to bake for 15-18 minutes, until risen and just golden.**
- 14. Cool on the wire rack.**



Perfect Pumpkin Soup

Ingredients

- 2 tablespoons olive oil**
- 1 onion, diced**
- 4 medium sized potatoes, peeled and chopped**
- 2kg pumpkin, peeled and chopped**
- 2 litres vegetable stock (salt-reduced)**
- 1 cup water**

Method

- 1. Ask an adult to heat the oil in a large soup saucepan on a medium heat and add onion and cook until soft.**
- 2. Add the potatoes, pumpkin, stock and water and ask an adult to bring to the boil.**
- 3. Reduce to medium heat and cook for 30 minutes (or until pumpkin and potatoes are soft) stir occasionally.**
- 4. Ask an adult to take off the heat.**
- 5. Use a stick blender or soup blender and blend until smooth.**
- 6. Add pepper and/or nutmeg to taste and serve.**