



I considered putting this in the Healthy Treats section because really as desserts go this is not that "bad". It made me think about just what I classify as a "healthy treat". Honestly I class a berry crumble as a healthy enough treat but for the purposes of twimii if the recipe contains butter and sugar it won't be classed as a healthy treat. That's said it's definitely not a diet-be-damned type of recipe but this is where it's going. So as well as being reasonably healthy it's also really really simple to make and, if you have suitable sized pots or ramekins, it's easy to make just one portion of it. I use a frozen summer fruits mix which I have been able to find in any supermarket I've used - not the same brand but they're all much of a muchness. You could use fresh berries but to be honest that would be much more expensive and anyway I think the frozen berries hold their flavour better when being cooked.



The way I make Very Berry Crumble is



A crumble at it's most basic is just some butter, sugar and flour or oats loosely mixed together. You can add in some chopped or ground nuts and spices to add flavour and texture but basically a crumble is just a loose crumbly topping.

Ingredients

Serves 1

For crumble:

- 1 tbsp wholemeal flour
- 1 tsp ground almonds
- 1 tsp chopped hazlenuts
- 1 pat of butter (or 2 if it's too dry)
- 1 tsp brown sugar
- pinch ground cinnamon
- pinch ground ginger

For fruit filling:

- 75 - 100g frozen mixed summer berries (*any mix of raspberries, blackberries, blackcurrants, red currants, cherries, strawberries, whatever*)
- 2 tbsp brown sugar (*or to taste*)

Instructions

1. Place the ingredients for the crumble in a bowl and using your fingers rub it all together till everything has a bit of butter on it and its loosely clumping together.
2. Add the frozen berries to your pot/ramekin and sprinkle over sugar.
3. Place in a pre-heated oven at 200° C / 392° F for about 15 - 20 minutes.