

# Apple crumble slice

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Amber**

Serves: 20 (135g)

## Ingredients

- 4 cups (600g) plain flour
- 1 cup caster sugar
- 360g polyunsaturated margarine, melted
- 1.5kg apples, cored and chopped, unpeeled
- ¼ cup caster sugar
- 2 teaspoons cinnamon

## Method

1. Preheat oven to 180°C, line a shallow slice tin with non-stick baking paper
2. Place flour, sugar and margarine into a large bowl, mix well to combine
3. Press half the mixture into the base of the pre-prepared tin
4. Bake for 20 minutes or until light golden brown, set aside
5. Place chopped apples, ¼ cup caster sugar, cinnamon and ¼ cup water in a saucepan. Cover and cook for approximately 15 minutes or until apples are soft and liquid is absorbed
6. Spoon apple filling evenly over base
7. Sprinkle remaining apple crumble mixture over apples, cook for another 30 minutes or until golden brown
8. Allow to cool completely in tin, cut into 20 squares.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	666kJ	965kJ
Protein	2.1g	3.16g
Total fat	6.8g	9.96g
Saturated fat	1.6g	2.39g
Carbohydrate	21.7g	31.5g
Sugars	13.8g	20.2g
Dietary fibre	2.1g	3.1g
Sodium	55mg	80mg



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