

Rhubarb and orange crumble



Ingredients

500g rhubarb
2 x 15ml spoons honey
2.5 cm root ginger, peeled and chopped
pinch of cinnamon
1 orange, rind and juice

125 g unsweetened muesli
50 g of low fat digestive biscuits,
crushed
50 g plain flour
25 g low fat spread



Equipment

Weighing scales, chopping board, knife, oven proof dish, zester, measuring spoons, juicer, plastic bag, large mixing bowl, large spoon, oven gloves.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Cut the rhubarb into chunks and arrange it in the oven proof dish.
3. Zest and juice the orange.
4. Peel and chop the ginger.
5. Top the rhubarb with the honey, chopped ginger, cinnamon, orange rind and juice.
6. Crush the biscuits in a small plastic bag.
7. Rub the low fat spread into the flour until it forms breadcrumbs.
8. Stir the muesli and crushed biscuits into the flour mixture.
9. Sprinkle the crumble mixture over the top of the rhubarb.
10. Wearing the oven gloves, place the crumble into the oven. Cook for 30 minutes, until golden brown.

Handy hints

- Try using different fruit, e.g. plums, apples, blackberries or sultanas.
- Experiment with other crumble toppings, such as porridge oats or rich tea biscuits.

Serves 4