

# Adios™

A natural aid for slimming



## APPLE CRUMBLE

Serves 6

296 calories per serving

### Ingredients

#### filling

750g (about 4 or 5) Bramley apples, peeled, cored and thickly sliced

2-3 tbsp powdered artificial sweetener (e.g Canderel)

1 1/2 tsps cinnamon

juice and zest 1 orange

#### topping

100g wholemeal flour

90g butter, cold, cut into cubes

3 tbsp powdered sweetener

50g whole porridge oats

**to serve:** low fat crème fraiche

### Method:

- 1 Heat the oven to 180°C. Put the apples, sugar, cinnamon, orange zest and juice, and three tablespoons of water in a large pan.
- 2 Stir gently over a low heat until the sugar has melted and the apples begin to break down. Pour into a two-litre pie dish and leave to cool a little while you make the topping.
- 3 Put the flour and butter in a mixing bowl and rub together until it resembles bread crumbs. Add the sugar and oats and mix through.
- 4 Sprinkle over the apples, pressing down if necessary. Bake in the oven for 25 mins or until golden and crisp.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes:

