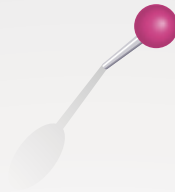


# Adios™

A natural aid for slimming



## STRAWBERRY AND APPLE CRUMBLE

Serves: 4  
155 calories per portion.

### Ingredients

450 g cooking apples  
150 g strawberries  
30 ml low calorie sweetener  
half a teaspoon of cinnamon  
2 tbsp orange juice  
3 tbsp plain wholemeal flour  
50 g porridge oats  
25 g low fat spread



### Method

- 1 Preheat the oven to gas mark 4/180°C.
- 2 Peel, core and slice the apples. Halve the strawberries and toss together with the apples, sweetener, cinnamon and orange juice.
- 3 Put the ingredients into a 1.2 litre ovenproof dish, or four individual dishes.
- 4 Combine the flour and oats in a bowl and mix in the low fat spread with a fork. Sprinkle the crumble evenly over the fruit.
- 5 Bake for 40-45 minutes (or 20-25 minutes for individual dishes) until golden brown and bubbling.
- 6 Serve warm, with low fat custard or yogurt.

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: