

Apple Crumble

IDDSI Level 4

Dessert

Recipe source: Beyond the Blender Dysphagia

Time to make: 20 mins

Servings: 2

Ingredients:

220g unsweetened apple puree
1 tsp cinnamon
½ cup quick oats
¾ cup water or milk

Optional:

Soft brown sugar

Instructions:

- Preheat oven to 200°C.
- Place oats and water/milk (and a little brown sugar if desired) in microwave-safe bowl.
- Microwave on high for 1 minute. Stir. Microwave again for 50 seconds. Remove from microwave and cool.
- Transfer to blender and blend for 1 minute on high or until smooth.
- Place apple puree into 2 ramekins. Mix ½ tsp cinnamon into each ramekin.
- Cover apple with 2 tbsp oat mixture. Sprinkle with desired amount of cinnamon and brown sugar.
- Bake for 8–10 minutes.

Dietitian's Top Tips:

- Serve with custard, double cream or full-fat Greek yoghurt to increase the energy and protein content of this dessert.
- Using full-fat milk instead of water and adding soft brown sugar will also add additional calories.