

# Apple Delight (microwave)

*Serves 4*

## Ingredients

- 3 cooking apples, peeled and chopped
- 4 tablespoon orange juice
- 1 tablespoon brown sugar
- 1 tablespoon margarine
- 4 wheat biscuits, crushed
- 1 teaspoon mixed spice



## Method

1. Place apples in a bowl, add orange juice and stir to coat apples.
2. Place apples in a pie or flan dish.
3. Mix together brown sugar, margarine, wheat biscuits and spice.
4. Sprinkle mixture over apples.
5. Cook on HIGH for 5-7 minutes.
6. Serve with custard or low fat yoghurt.