**Blackberry and Apple Crumble**

Serves 4

* 100g (4oz) butter
* Two tbsp granulated sweetener (be sure to check manufacturer’s instructions)
* 200g (7oz) plain flour
* Five sweet eating apples
* Half a pint of unsweetened apple juice
* 300g (10oz) fresh blackberries

1. Preheat your oven to 180 deg C/350 deg F/gas mark four. Take a large bowl, and in it rub together your butter, flour and sweetener until still lumpy but without pieces of greasy butter.
2. Wash your blackberries and remove any stalks or pieces of leaf. Peel, core and chop your apples. Place all your fruit in a large pan with your apple juice. Bring to the boil and gently simmer for five minutes.
3. Remove from the heat, pour into an ovenproof pie dish and sprinkle your crumble mixture on top. Cook in the centre of the over for about 20 minutes.