

# Whitworths

## Caramel Apple & Walnut Betty



### INGREDIENTS

- 100g **Whitworths Californian Walnuts, roughly chopped**
- 100g **Whitworths Sunshine Sultanas**
- 250g plain flour
- 170g oats
- 180g light brown sugar
- 1tsp bicarbonate of soda
- ½ tsp salt
- 230g butter
- 200g Caramel Sauce (Nestle Carnation)
- 2 medium cooking apples

🌀 Makes 16 🥄 15 mins ❤️ 40-45 mins

### READY...STEADY...BAKE

- ♥ Preheat your oven to 160°C / 140°C Fan / Gas Mark 4 then grease and line a large rectangular tin (approx 21cm x 29cm)
- ♥ In a large bowl add the flour, oats, brown sugar, bicarbonate of soda, salt and butter together and mix at low speed until crumbly.
- ♥ Pour a third of the crumble mix into the tin then press down a little. Bake for 10 minutes.
- ♥ Once cooked, peel and cube the apples and place on the top of the baked base.
- ♥ Sprinkle over half the walnuts and sultanas then cover with a layer of the caramel sauce.
- ♥ Blend the rest of the walnuts with the crumble mixture then cover with another layer of sauce.
- ♥ Bake in the centre of the oven for 20-25 minutes until golden brown.
- ♥ Delicious hot with custard or a scoop of ice cream (or even both!), or allow to cool completely in the tin (for about 2 hours) then cut into 16 bar slices for that handy scrummy snack.

for more recipes visit [www.whitworths.co.uk](http://www.whitworths.co.uk)

## Happy Baking!