

CHERRY BERRY CRUMBLE

Ingredients (Serves 6)



200g frozen cherries



200g frozen summer fruits



150g plain flour



75g lower-fat spread



30g porridge oats



1 tbsp demerara or granulated sugar



12 tbsp low-fat, lower-sugar yoghurt to serve

**One
Life
Suffolk**



1. Preheat the oven to 180c, fan oven 160c, gas mark 4
2. Put the frozen cherries and berries into a baking dish (there's no need to thaw them)

(Use any combination of frozen fruits, such as raspberries or fruits of the forest)

3. Put the flour into a large mixing bowl and add the lower-fat spread, rubbing it with your fingertips until the mixture looks like breadcrumbs. Stir in the porridge oats and sugar
4. Sprinkle the crumble topping evenly over the fruit. Place the dish on the baking tray and bake for 30 - 35 minutes.



Serve with 2 tablespoons of yoghurt per person

Try adding a few drops of vanilla extract to the yoghurt to add some more flavour

Find more recipes at:

<https://onelifesuffolk.co.uk/services/families-young-people/cookery-sessions/>

<https://www.nhs.uk/change4life/recipes>

Get Help To Get ACTIVE

- The Get Help to Get Active service aims to support inactive adults with long term health conditions to become and stay more physically active.
- We can improve your overall quality of life; including your physical and mental health, as well as your wellbeing.

STOP Smoking

- Our specialist stop smoking practitioners can offer expert advice, treatment and support, helping you to quit.
- Carbon Monoxide monitoring completed at every appointment.
- Access to treatment including nicotine replacement therapy, Champix and Zyban.

health -WALKS-

- Join our walks for all ages and abilities available across Suffolk.
- A full list of walks is available on our website.
- Booking essential

— NHS — health checks

- Available to anyone aged 40 - 74 years old, who has not had an NHS health check within the last 5 years and who does not live with certain health conditions (list on website).
- The NHS Health Check takes no more than 30 minutes and includes a blood pressure and cholesterol test.

Families & Young people



- Support and advice for parents to help families be fit and healthy.
- Fun physical activity sessions for children and teens.
- Offer of family-based community programmes, school holiday clubs and in school programmes.

Adult Weight Management



- 12 months support with an initial 12-week intensive phase.
- Slimming World and OneLife Suffolk group-based options are available.
- 95% of people completing our programmes lose weight.
- Over 60% of those completers achieve at least 5% weight loss.