



If you have some raspberries in the freezer you can eat this dessert all year round. It's quick to prepare and can be served with low fat ice cream, custard or crème fraiche. We like to eat it with something crunchy on top such as a crumbled oat biscuit, a little granola or some toasted flaked almonds.

Apple and Raspberries in a red wine sauce		
Serves 4		Skill Level – Easy
		Preparation time: 5 minutes Cooking time: 20 minutes
Metric	Imperial	Ingredient
4 medium		Eating apples, peeled, cored and cut into wedges
200g		Fresh or frozen raspberries
1		Lemon (juice only)
30g		Butter
60g		Light brown sugar
1		Orange
1		Cinnamon stick
1		Glass of red wine (about 150ml)
<ol style="list-style-type: none"> <li>1. Toss the apples in lemon juice in a bowl to stop them going brown</li> <li>2. Melt the butter in a pan and add the sugar</li> <li>3. Place the apple wedges in the pan and cook gently for a few minutes turning at least once</li> <li>4. Break the cinnamon stick into 3-4 pieces. Add this, a couple of strips of the orange rind, the juice from the orange and the red wine to the pan. Simmer for 5-10 minutes.</li> <li>5. Add the raspberries to the pan and continue to cook until all the fruit is tender.</li> <li>6. Remove the cinnamon and orange peel and pour into individual dishes. Serve with a dollop of low fat crème fraiche. You could also top with granola or toasted almonds for a little crunch.</li> </ol>		

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