

Fruit Crumble

A traditional English dessert created in the autumn with the abundance of fresh fruit. Fruit crumble can be made with any available, seasonable fruit and is always a winner with the children. Serve with yoghurt or custard.



Influence:
United Kingdom



Serves 10 children



65 minutes

INGREDIENTS

Oats, rolled, raw 50g (1 C)
Coconut, desiccated 50g (1 C)
Nutmeg, ground 1g (1 t)
Sugar, brown 40g ($\frac{1}{4}$ C)
Flour, wheat, wholemeal, self-raising 70g ($\frac{1}{2}$ C)
Margarine, polyunsaturated 20g (1 T)
Apple, green skin, peeled, raw 300g (2 large)
Yoghurt, plain natural, mixed spice 1g (1 t)
Yoghurt, plain natural 200g (10 T)

DIRECTIONS

1. Preheat oven to 180°C.
2. Rub margarine into flour to form breadcrumbs.
3. Add oats, coconut, nutmeg and sugar.
4. Microwave apple slices until just soft and place in oven proof pie dish.
5. Top with dry ingredients.
6. Sprinkle with mixed spice.
7. Bake in oven for 40 minutes.
8. Serve with 1 T of yoghurt.

Allergy Information

Contains: gluten, wheat, cow's milk protein.

Some margarines contain cow's milk protein and/or soy.

Childcare RDI Calculator:

| | | |
|------------|-------------|------|
| Fat | <div></div> | 40 % |
| Vegetables | | 0 % |
| Meat/Alt* | | 0 % |
| Cereals | <div></div> | 40 % |
| Dairy | <div></div> | 30 % |
| Fruit | <div></div> | 20 % |

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services