

DESSERT

APPLE AND PEAR CRUMBLE



SHOPPING LIST:

- 3 apples (ideally cooking apples)
- 3 pears
- 50g porridge oats
- 100g plain flour
- 1 tablespoon honey (or syrup)
- 1 teaspoon cinnamon (optional)
- 1 teaspoon ground cloves (optional)
- 1 tablespoon jam

COSTINGS: *£3.24p per meal

NUTRITIONAL INFORMATION:

Calories: 114 |
Carbohydrates: 21g |
Protein: 2.3g | Fat: 1.8g |
Saturated Fat: 0.4g | Salt: 0.02g |
Fibre: 2.5g | Sugar: 11g

Apples and pears add a nice source of 2 of your 5-a-day! The oats and flour add carbohydrates, iron, and phosphorous. The jam and honey add some sweetness.

Preparation time:

30 mins






Cook time:

40 mins

Servings:

6

DIRECTIONS:

  		
1. Weigh out and chop your apples and pears into quarters, slicing into desired size.	2. Chop your apples and pears. Put into baking dish. Cover with cinnamon and cloves, and jam.	3. Make your crumble with dry ingredients. Mix oat-based product, and flour.
		
4. Add honey into crumble mix. Combine with chopped fruit.	6. Put in oven at 150-180°c until golden brown on top and fruit is soft. Allow to cool slightly, before serving.	Top Tip! Makes a nice breakfast heated up in the microwave for 30 seconds the next day.