

Plum and custard crumble bars

- **Sesame-free**
- **Soy-free**
- **Vegetarian**
- **Peanut-free**
- **Shellfish-free**
- **Seafood-free**
- **Contains-wholegrains**

Turn your favourite dessert into a tasty slice made from sweet plum slices, custard and crunchy nut crumble.

- Serves:16
- Cooktime:45 mins
- Preptime:15 mins + cooling time
- + cooling time



Ingredients

- 1½ cups (135g) rolled oats
- 1 cup (150g) plain flour
- ½ cup (110g) brown sugar
- ½ cup (40g) flaked almonds
- ¼ cup (25g) coarsely chopped walnuts
- 1 tsp ground cinnamon

- 125g butter, melted
- 1 Coles Australian Free Range Egg yolk
- 2 just-firm plums, stoned, cut into thin wedges

Custard filling

- ¼ cup (30g) custard powder
- 2 tbs caster sugar
- 1 cup (250ml) milk

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 180°C. Grease an 18cm x 28cm slice pan. Line the base and sides with baking paper, allowing the sides to overhang.

2. Step 2

Combine oats, flour, sugar, almond, walnut and cinnamon in a large bowl. Add the butter and egg yolk and stir until just combined. Spoon half the mixture into the prepared pan and use the back of the spoon to spread and press evenly over the base. Bake for 15 mins or until light golden.

3. Step 3

Meanwhile, to make the custard filling, combine the custard powder and sugar in a medium saucepan. Gradually add the milk, stirring well after each addition. Place over medium heat. Cook, stirring constantly, for 5 mins or until the custard boils and thickens. Set aside to cool slightly.

4. Step 4

Pour the custard filling over the slice base in the pan. Arrange the plum over the custard filling. Sprinkle the remaining oat mixture evenly over the plum. Bake for 30 mins or until the top is golden brown. Set aside in the pan to cool completely. Cut into pieces.

Combine oats, flour, sugar, almond, walnut and cinnamon in a large bowl. Add the butter and egg yolk and stir until just combined. Spoon half the mixture into the prepared pan and use the back of the spoon to spread and press evenly over the base. Bake for 15mins or until light golden.

Meanwhile, to make the custard filling, combine the custard powder and sugar in a medium saucepan. Gradually add the milk, stirring well after each addition. Place over medium heat. Cook, stirring constantly, for 5mins or until the custard

boils and thickens. Set aside to cool slightly.

Pour the custard filling over the slicebase in the pan. Arrange the plum over the custard filling. Sprinkle the remaining oat mixture evenly over the plum. Bake for 30 mins or until the top is golden brown. Set aside in the pan to cool completely. Cut into pieces.

Nutrition Information

PER SERVE

Energy: 858kJ/205 Cals (10%)

Protein: 4g (8%)

Fat: 11g (16%)

Sat fat: 5g (21%)

Carb: 24g (8%)

Sugar: 11g (12%)

Fibre: 2g (7%)

Sodium: 65mg (3%)