



Fruit crumble

A family favourite. Use any fresh, canned or stewed fruit you have on hand.



Time to prepare: 10 minutes



Time to cook: 30 minutes



Serves 6



Suitable for vegetarians

Ingredients

- - 3 cups fresh or canned fruit (about two 410 gram cans)
- - 1 cup rolled oats

- - 1/2 cup wholemeal flour
- - 2 tablespoons brown sugar
- - 1/2 teaspoon mixed spice
- - 1/2 teaspoon cinnamon
- - 2 tablespoons margarine

Method

1. Preheat oven to 200 degrees.
2. Drain fruit and place in an over-proof dish.
3. To make the crumble topping mix rolled oats, flour, brown sugar, mixed spice, cinnamon and margarine together so it forms a crumb mixture (there should be no big lumps of margarine).
4. Top fruit with crumble mixture.
5. Bake for 20 to 30 minutes until the top is golden brown and crunchy.

Notes

Try: - Adding 1/2 cup dried fruit such as sultanas, chopped dates or apricots to the fruit. - Adding 1/4 cup chopped walnuts or 1/4 cup coconut to the crumble topping. - Using canned fruit in juice or with no added sugar.

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Fruit strudel

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Fruit for dessert

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Fruit makes an easy dessert that is good for your family. Fresh or canned fruit is the perfect way to end a meal.