OATY APPLE CRUMBLE

50% fruit-based dessert: This recipe counts towards the standard to provide a 50% fruit-based dessert at least twice each week.

Recipe adapted from: Eden Foodservice

Ingredients

- 100g unsaturated fat spread, cut into pieces
- 163g plain white flour
- 55g wholemeal flour
- 90g soft dark brown sugar
- 0.5g (¼ tsp) ground mixed spice
- 0.5g (¼ tsp) cinnamon
- 50g oats
- 50g dried apricots, diced
- 410g cooking apples, washed, peeled and sliced

Method

1. Pre-heat the oven to 180oC/350oF/gas mark 4. Grease a tart tin.
2. Gently rub the margarine into the flour then add the sugar, spices and the oats.
3. Place the apples on the base of greased tart tin.
4. Sprinkle the diced apricots evenly over the fruit.
5. Sprinkle the crumble mix over the fruit, level and push the mix into corners.
6. Bake in oven until golden brown.
7. Remove from the oven, portion and serve.

Serving suggestion: with yoghurt or custard.

Top Tips

Vary the fruit to what’s in season.

Number of portions this recipe makes:
10 primary servings (90g)
8 secondary servings (115g)

Prep: 20 minutes
Cook: 35 minutes

Allergy information:
Oats (gluten), sulphites, sulphur dioxide, wheat (gluten)

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/ww