



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 (½ tsp) ground mixed spice
0.5g (½ 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.



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)



Top Tips

Vary the fruit to what's in season.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and ensure at least 50% of desserts provided are based on fruit.