



OATY FRUIT CRUNCH

50% fruit based dessert: this recipe contains a portion of fruit. It counts towards the standard to provide a portion of fruit each day and to provide a 50% fruit-based dessert at least twice each week.

Recipe adapted from: EATS (East Anglian Taste for Schools)

Ingredients

450g oats
460g plain flour
340g unsaturated fat spread
240g granulated sugar
1500g apples, solid pack, canned and drained or fresh, peeled and sliced

Method

1. Pre-heat the oven to 180oC/350oF/Gas 4. Lightly grease and line 2 BS tins.
2. Put all the ingredients except the apples into a large mixing bowl and combine well to form bread crumbs.
3. Press half of the mixture into the tins and then spread the apples over the top.
4. Sprinkle the remaining mixture over the apples.
5. Bake in the oven for 25-30 minutes.

Serving suggestion: with custard or low-fat natural yoghurt.



Number of portions this recipe makes:

30 primary servings (100g)
25 secondary servings (120g)



Prep: 15 minutes
Cook: 30 minutes



Allergy information:

Milk, oats (gluten), wheat (gluten)



Top Tips

Swap apples for seasonal fresh fruit such as peaches.

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 spread based on unsaturated fats and ensure at least 50% of desserts provided are based on fruit