



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

FRUIT CRUMBLE



SERVES 4-5

INGREDIENTS

Fruit:

- 2-3 cans canned fruit (plums, peaches, apricots, apples, pears). OR
- 3 cups fresh fruit (plums, peaches, apricots, apples, pears). OR
- 5 cups rhubarb
- ½ cup sugar

Topping Ingredients:

- ½ cup flour
- ½ cup rolled oats
- 1 tsp nutmeg AND/OR cinnamon AND/OR mixed spice
- ¼ cup brown sugar
- ⅓ cup margarine or butter
- ½ cup desiccated OR shredded coconut (optional)

METHOD

1. Pre-heat oven to 180°C on Bake setting.
2. Prepare fruit and prepare:
 - a. Canned fruit. Drain. OR
 - b. Fresh fruit. Dice into 2 cm cubes. Remove core or stone from fruit. OR
 - c. Rhubarb. Dice rhubarb into 2 cm cubes. Place in a large pot with sugar and 2 Tbsp water. Cook over a medium heat for 15 minutes or until rhubarb is soft. Stir often to avoid rhubarb sticking to the pot.
3. Place fruit in a large baking dish.
4. Make topping. Place all dry ingredients in a large mixing bowl. Use a wooden spoon to mix well. Melt margarine/butter. Mix through dry ingredients until mixture resembles breadcrumbs.
5. Spread topping evenly over pre-prepared fruit.
6. Place in pre-heated oven for 20–40 minutes, until golden brown and fruit is soft.
7. Serve with custard, ice-cream, yoghurt or milk.