

Pear and Apple Crumble with Custard

Serves 10

Ingredients	
2 eating apples (200g), peeled and chopped	75g soft brown sugar
2 pears (300g), peeled and chopped	50g oats
1 tbls (15g) caster sugar	300ml custard made with Orgran custard powder
150g plain flour	100g cold unsaturated margarine

- Method:
- Pre heat oven to 200c, 400F, Gas6.
- Mix together the flour, and salt, and rub in the margarine until it resembles breadcrumbs.
- Stir in the sugar and oats.
- Place the chopped fruit in an oven-proof dish, and sprinkle with the caster sugar.
- Top with the crumble mix.
- Bake in the oven for 30-35 mins until the crumble is golden brown.
- Meanwhile make the custard and when the crumble is ready, serve with 2 tbsp (30ml) custard.



- ✓ **COOK'S TIP: PREPARE EXTRA FRUIT AND MAKE A PUREE FOR WEANING DIETS.**
- ✓ **FOR SPECIAL DIETS MAKE CRUMBLE WITH RICE FLOUR AND DAIRY FREE SPREAD.**
- ✓ **FOR DAIRY FREE DIETS MAKE CUSTARD WITH SOYA MILK AND ORGRAN CUSTARD POWDER.**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
236	3.4	10	35	11	0.2	0.7	72