

HOW TO MAKE

Fruit Crumble



INGREDIENTS

Tablespoon: tbsp

Teaspoon: tsp



2- 3 cups
mixed fresh fruit
eg. pears, apples



Water
(enough to
cover fruit)



1 cup oats



2 tbsp butter



1 orange
or mandarin
(with skin)



1/2 cup honey
(adjust to
taste)



1 cup
wholemeal
flour



1 cinnamon stick



2 tbsp
brown sugar

Optional,
to serve:



Yoghurt



Ice cream



Custard

Indigenous additions and swaps

- Add 1 ½ teaspoons of ground lemon myrtle or cinnamon myrtle to the fruit mixture
- Add 1 cup of chopped macadamias to the crumble mixture for extra crunch
- Add 1 ½ teaspoons of ground wattleseed to the crumble mixture for a coffee and chocolate flavour

Tips and variations

Any ripe fruits go great in a fruit crumble, you could also add or swap for the following fruits:

- Rhubarb
- Stone fruit - plums, peaches, nectarines
- Berries - blueberries, raspberries, blackberries (fresh or frozen)



Step 1: Prepare the fruit

Cut up your fruit into small pieces.



Step 2: Prepare the syrup

Add enough water to a pot to cover the fruit, then add 1/2 cup of honey, 1 cinnamon stick, and 1 orange or mandarin (with skin). Cook on low heat for 30 minutes or until the fruit is soft but not falling apart.



Step 3: Prepare the crumble

In a bowl, combine 1 cup of wholemeal flour, 1 cup of oats, 2 tbsp of brown sugar, and 2 tbsps of butter.



Step 4: Mix the crumble

Rub together with your fingers until the mixture feels like breadcrumbs.



Step 5: Assemble the crumble

Drain the poached fruit and place it in a baking dish. Sprinkle the crumble mix evenly over the top of the fruit.



Step 6: Bake and serve

Bake in the oven for 20 minutes or until golden brown and then serve with yoghurt, ice cream, or custard.