Tinned Peach Crumble

Serves 4

PROJECT FOOD

A helping hand to healthy eating

Ingredients

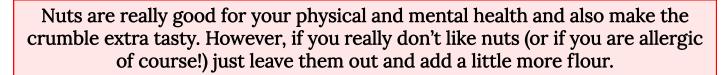
1 x 400g tinned peach slices 75g sugar75g butter / spreadable butter 50g porridge oats 50g ground almonds 65g plain flour

Optional

Juice of ½ lemon

Method

- 1. Preheat the oven to 180°C, Gas mark 4.
- 2. Tip the fruit slices into an ovenproof dish along with a little of the juice/syrup. Squeeze over the lemon juice too if you like—its not an essential ingredient, but does cut though the sweetness of the peaches.
- 3. Put the flour, almonds, sugar and butter into a bowl and rub together with your fingers until the mixture resembles breadcrumbs. Then stir in the oats.
- 4. Sprinkle the crumble topping evenly over the fruit.
- 5. Cook in the oven for 30 minutes or until bubbling and golden on top.
- 6. Serve the crumble with some yoghurt or custard.



Try sprinkling the top with pumpkin seeds, sunflower seeds and flaked almonds. These will add extra crunch to your crumble and are also full of essential fats which are good for you.

You don't have to use peaches, or tinned fruit at all, but tinned fruit is cheap and always useful to have in the store cupboard!

Apples, pears, rhubarb and apricots all make for delicious crumble fillings.