



**PROJECT FOOD**

A helping hand to healthy eating

## Tinned Peach Crumble

Serves 4

### Ingredients

1 x 400g tinned peach slices  
75g sugar 75g 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—it's not an essential ingredient, but does cut through 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.

Nuts are really good for your physical and mental health and also make the crumble extra tasty. However, if you really don't like nuts (or if you are allergic of course!) just leave them out and add a little more flour.

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.