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Fruit crumble

Use this recipe to make a delicious fruit crumble that all the family can enjoy using seasonal fruits and our Gluten free flour alternative.

Serves 4

Gas Mark 4 / 180°C (adjust to suit fan ovens)

20 – 25 minutes

You will need:

Equipment:

- Approximately 20 x 30 cm Baking dish

The Crumble topping:

- 125g Wellfoods Gluten free flour alternative
- 150g Caster Sugar
- 4 tablespoons dark brown sugar
- 150g soft unsalted butter

The Fruit filling:

- 400g Fruit of your preference (see below for ideas)

Filling ideas:

- Nectarines, Plums & Raspberries. Adding a sprinkle of ground ginger and cinnamon to the crumble to bring out the flavours.
- Kiwis & Peaches
- Peach & Blueberry
- Apple & Blackberry. Add a sprinkle of cinnamon to the crumble to compliment the apple flavours.

To serve:

- Cream,
- Ice cream
- or
- Custard

Now it's time to get baking.

- Start by adding the flour, butter and sugar to a large mixing bowl. Then rub them together until it resembles fine breadcrumbs.

- Prepare the fruit/s you have chosen. Mix a sprinkle a bit Wellfoods flour and caster sugar into the fruit before you put it in the baking dish.
- Then layer the fruit in baking dish. (If you feel you don't have enough just add some more.)
- Now it's time to add the crumble. Layer it over the fruit with an even finish.
- Now place in the oven at the above temperature for 20 – 25 minutes or until the topping is brown. (If you are preparing this dish to have after your evening meal don't bake it now. Cover it and put it to one side until you are ready)
- Serve it straight out of the oven with cream, ice cream or hot custard and enjoy.

J Woodward 15 March 2011
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