



Peanut Butter Crumble



Serves: 6 | 375 kcal and 8 g protein per serving

INGREDIENTS

800 g frozen berries
1 tbsp cornflour
2 tbsp golden caster sugar
100 g plain flour
50 g porridge oats
50 g golden caster sugar
85 g crunchy peanut butter
50 g unsalted butter, melted

DIRECTIONS

1. Put the berries, cornflour and sugar in a pan and heat for 5 mins until the berries have defrosted and start to simmer and thicken.
2. Tip into a baking dish measuring about 20 x 25 cm.
3. Mix the flour, oats, sugar, and a pinch of salt in a large bowl.
4. Rub in the peanut butter using your fingers until the mixture looks like fine crumbs.
5. Pour the melted butter over, and work everything into a lumpy mix with your fingers, ensuring there are no dry crumbs left.
6. Scatter crumble over the fruit, then bake at 180°C (160°C fan assisted) for 25–30 mins until golden and crisp, and the berries are bubbling at the edges.
7. Leave for 5 mins before serving.

NOTES

Try serving with fortified custard to enhance nutritional value.

Try using wholemeal or wholewheat pasta to improve fibre content.

