

IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

VG

FRUIT CRUMBLE

- juice of 1 large lemon
- 750g pears (or apples)
- pinch of ground cinnamon
- pinch of ground nutmeg
- 85g golden caster sugar
- 85g soft brown sugar
- 100g plain flour
- 75g margarine
- 75g demerara sugar
- pinch of cinnamon and/or nutmeg

BY ORGANICLEA AND
THE HORNBEAM CAFÉ,
WALTHAM FOREST

Preparation time

25 minutes

Serves

8

Per100g:

Energy

1179kJ/279kcal

Protein 5g

Carbohydrate 51.3g

Fat 6g



1. Preheat the oven to 180°C (gas mark 4).
2. Grease a large flan dish or cake tin.
3. Peel, core and cut the fruit into small chunks and place in a pan with the lemon juice.
4. Bring to the boil and then simmer gently.
5. Add the cinnamon, nutmeg, caster sugar and soft brown sugar.
6. Cook, stirring occasionally, until tender then place into the flan dish.
7. In a separate bowl, use your fingers or a fork to rub the flour and margarine together into crumbs and then mix in the demerara sugar.
8. Scatter the crumble mix loosely over the top of the fruit.
9. Bake for 20-30 minutes then serve hot or cold.

Top tip: This crumble is delicious with cream.

For more money-saving recipes, visit
wiseuptowaste.org.uk/foodwaste