

Fruity Oat Crumble Sundaes

This is a colourful pudding based on an ice-cream sundae. It is really easy to make and looks great. It is full of fruit and can be made with your favourite canned, frozen or fresh fruit with equally delicious results.



Milk, oats (gluten) and wheat (gluten)*

Nutritional information per portion (162g):

Energy 848kJ 202kcal 10%	Fat 5g 7%	Saturates 1.6g 8%	Sugars 19g 21%	Salt 0.15g 2%
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of an adult's reference intake.
Typical values per 100g: energy 523kJ/125kcal.

Equipment

Weighing scales
Baking tray
Baking parchment OR greaseproof paper
Large mixing bowl
Wooden spoon
Oven gloves
Can opener
Sieve
Chopping board
Sharp knife
Tablespoon x 2
Small dessert dishes x 4-6

Ingredients

Serves 4-6

75g wholemeal flour and 25g oats OR 100g oats
25g unsaturated fat spread
25g demerara sugar
400g can fruit (e.g. sliced peaches, pears OR fruit cocktail) in natural juice
400g ready-made reduced-fat custard (see Top Tips)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Different types of custard can be used e.g. canned, carton, made with custard powder and semi-skimmed milk or one quantity of Let's Get Cooking Custard (see the recipe on the website). If making fresh custard or with custard powder, make it in advance so that it's cold when you layer up the desserts.
- Add the topping at the last moment so it's nice and crunchy.

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Method

1. Preheat the oven to 190°C/170°C fan or gas mark 5.
2. Line the baking tray with baking parchment or greaseproof paper.
3. Place the flour and/or oats into the large mixing bowl, add the spread and rub in using your fingertips.
4. Add the sugar and stir together.
5. Tip onto a baking tray and spread into an even layer, then cook for 10–15 minutes.
6. Open the can of fruit and drain the juice. Chop the fruit into smaller chunks.
7. Open the custard.
8. With a tablespoon, put a layer of fruit into the bottom of 4 dishes then add a layer of custard, followed by fruit and then custard again. Now leave to cool in the fridge.
9. Take the crumble topping out of the oven and leave to cool.
10. When cold, sprinkle the topping on top of the custard layer and serve.

Something to try next time

- Add 1 x 5ml spoon of ground cinnamon to the canned pears.
- Add 50g of dried fruit (e.g. raisins, sultanas, chopped apricots, dried cranberries) halfway through baking the crumble.

Prepare now, eat later

- The cooked oatly crumble can be stored in an airtight jar for up to 1 week.
- These puddings can be stored for up to 2 days in the fridge, add the cooked topping just before serving.

Skills used include:

Weighing, chopping, rubbing-in, baking and serving.