

Fresh for Kids® Apple & pecan crumbles



Apple & pecan crumbles

Preparation: about 20 minutes
Cooking: about 35 minutes
Serves: 6

Apple mixture

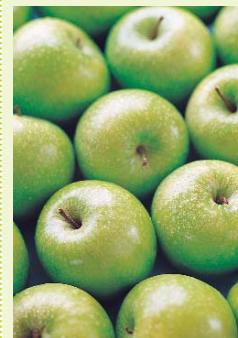
8 Granny Smith apples, peeled, cored and chopped
¼ cup caster sugar
¼ cup water
½ cup sultanas

Pecan crumble topping

½ cup plain flour
¼ cup brown sugar
½ tsp ground cinnamon
75g butter, chopped
½ cup pecan nuts, chopped
⅓ cup shredded coconut

1. Combine apples, caster sugar and water in a large microwave safe dish. Cover and microwave on high for 12–15 minutes, stirring every 5 minutes, until golden and very tender. Stir through sultanas. Set aside to cool for 10 minutes.
2. Preheat oven to 180°C. Meanwhile, to make pecan crumble topping, place flour, brown sugar and cinnamon in a bowl. Rub in butter until mixture resembles coarse breadcrumbs. Mix in pecan nuts and coconut.
3. Spoon apple mixture into 6 x ¾ cup-capacity ovenproof dishes or tea cups. Sprinkle with crumble topping. Place on a baking tray. Bake for 20 minutes or until topping is golden. Cool slightly and serve.

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Granny Smith apples

- A crunchy source of dietary fibre and also contain natural sorbitol. Both fibre and sorbitol help keep us – and especially kids – regular.
- Good source of vitamin C. Among its many functions, vitamin C contributes to healthy gums.
- Low GI which means the natural sugars in apples are digested slowly, release energy gradually.

For fresh fruit and vegetable recipes visit
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