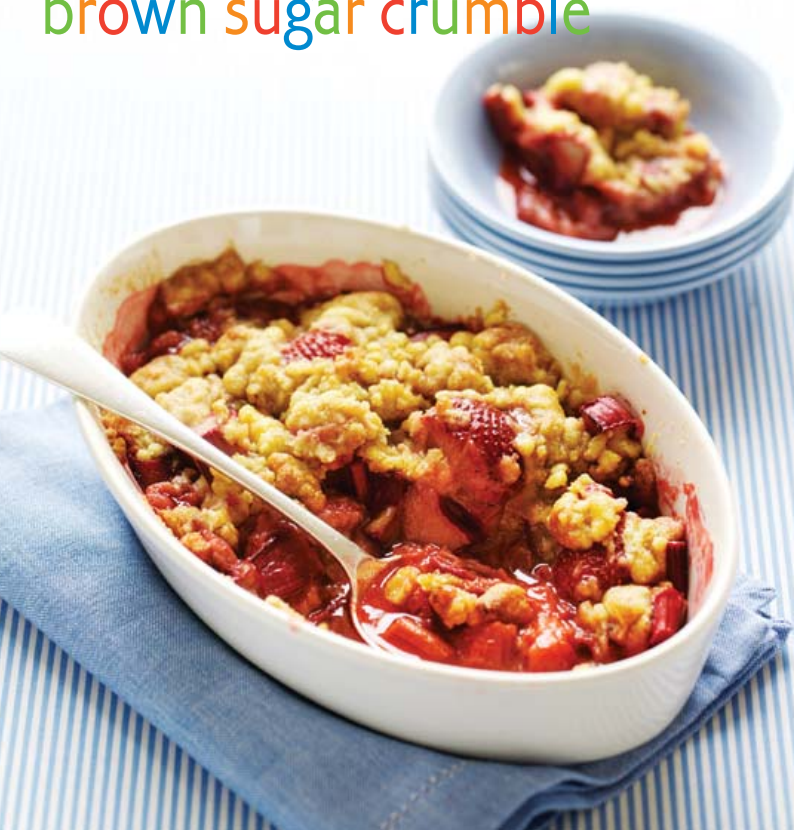


Fresh for Kids®

# Rhubarb & strawberry brown sugar crumble



## Rhubarb & strawberry brown sugar crumble

**Preparation:** about 15 minutes

**Cooking:** about 30 minutes

**Serves:** 4–6

This sweet, hot crumble is delicious served with ice-cream or custard.

1 bunch rhubarb, trimmed and sliced into 1cm pieces (about 400 g trimmed rhubarb)

250g large strawberries, hulled and sliced lengthways

2 tbs caster sugar

### Crumble topping

½ cup plain flour

75g butter, chopped

⅓ cup brown sugar

1. Preheat oven to 180°C. Grease a 4-cup shallow ovenproof dish.
2. Combine rhubarb, strawberries and caster sugar together in a bowl. Arrange fruit mixture in prepared ovenproof dish.
3. To make crumble topping, place flour in a medium bowl. Add butter. Using your fingertips, rub in butter until well combined. Mix in sugar. Sprinkle crumble over fruit mixture. Bake for 25–30 minutes or until crumble is crisp and fruit is very tender.

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### Rhubarb

- A good source of dietary fibre which helps keep the intestine healthy.
- Provides potassium which takes part in many biochemical reactions in the body, and is valuable for heart health.
- Provides some vitamin C, the anti-infection vitamin.
- A source of vitamin C. This vitamin is important in keeping gums, blood vessels and bones strong and healthy.

For fresh fruit and vegetable recipes visit  
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