

Pear and Almond Crumble

6 medium pears, peeled and sliced thinly

¼ cup sugar

grated rind and juice of 1 lemon

Topping

1 cup rolled oats

¼ cup oat bran

½ cup wholemeal flour

¼ cup brown sugar

1 tspn cinnamon

½ cup toasted almonds, chopped

1 Tbspn canola oil

¼ cup trim milk

Place pears in an ovenproof baking dish. Sprinkle with sugar and lemon rind. Sprinkle with topping and bake at 170 C for 35 – 40 minutes or until pears are cooked. Serve with yoghurt, low fat ice cream or caramel custard.

Serves 6-8

Topping:

Place dry ingredients into a bowl; add oil and milk and mix to a slightly sticky crumb.

Caramel Custard

Ingredients:

1/3 cup white sugar

500 mls trim milk

2 Tbspns custard powder

- Mix custard powder with 50 mls of the milk and stir to a paste
- Place sugar into heavy bottomed saucepan. Place on heat and stir until it melts into a golden caramel
- Add remaining milk to pan and simmer until the caramel has dissolved.
- Add custard powder paste and heat through until thickened.

Health Habits: