

Fast Food Family Journey blog
Recipe 'Mums & Dads evening meal inspiration'
Mary Smith

Oaty, fruity bake

I adapted a normal crumble topping recipe for a friend who was intolerant to wheat. It worked so well with oats that I started to try adding other ingredients to make it even healthier. The oat topping goes crisp in the oven almost like a granola, and gives a nice crunch to the topping. The seeds toast in the oven and give it a nutty flavour, as well as providing you with Omega-3 and Omega-6 essential fats.

Total prep & cooking time 20 minutes

Quantity 4 portions (eat 2, freeze 2)

Tools Large bowl, large ovenproof dish

150g blueberries (fresh/frozen)*	}	<i>Place in dish & mix. Microwave for 1 min (fresh)/2 mins (frozen) until warm.</i>
150g raspberries (fresh/frozen)*		
150g strawberries, sliced thinly (fresh)		
Splash of orange juice		

230g oats	}	<i>Pre-heat oven: gas 6/190C/375F. Mix in large bowl. Place on top of fruit. Bake for 15 mins until browned.</i>
115g margarine		
55g sugar		
3 handfuls of raisins		
10 dates, chopped		
3 tbsp mixed seeds		
1 tsp mixed spice		

Storage: Airtight container in fridge for 3 days. Freezes well.

*Frozen fruit is often cheaper and as it is frozen straight after picking it has more nutrients than fresh fruit that is a few days old. Using margarine instead of butter makes this lower in saturated fat, and can be eaten if you are intolerant to lactose (check carefully in the ingredients as some margarines do contain lactose, however Stork and the 'Pure' range are lactose free and widely available).

Free from wheat. Use dairy free margarine such as 'Pure' to make this dairy and lactose free