



Apricot crunch - Serves 4

Ingredients:

- 2 x 300g cans apricots in fruit juice, drained
- Grated rind and juice of 1 large orange

For the topping:

- 50g rolled oats
- 1 tbsp demerara sugar
- 25g flaked almonds
- 15g flora, melted
- 1 tbsp sesame seeds
- 1 tbsp runny honey

Method:

1. Preheat the oven to 200C/400F./Gas mark 6.
2. Place the apricots in a single layer in an ovenproof dish, drizzle over the orange rind and juice, place in the oven and cook for 10 minutes.
3. Meanwhile, mix together all the ingredients for the topping together in a bowl.
4. Sprinkle the topping over the apricots and return to the oven for 10-12 minutes until golden.
5. Serve with a little ice cream or light crème fraiche.

Did you know ?

Apricots are a good source of fibre. We need fibre to keep our digestive system working well.

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