



PEACH & RASPBERRY GOLDEN CRUNCH

This recipe serves 4.

INGREDIENTS

- 4 large peaches - stone removed and diced
- 250g raspberries
- 1 tablespoon freshly squeezed orange juice

For the crumble

- 200g plain white flour
- 50g butter
- 50g demerara sugar
- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds
- 1 teaspoon Brazil nuts - chopped

HOW TO MAKE IT

1. Heat the oven 190°C/Gas5.
2. Place the peaches and raspberries in an ovenproof dish and drizzle with orange juice.
3. Place the flour in a mixing bowl and cut the butter into the flour using a table knife.
4. Use your fingertips to rub the butter into the mixture until it resembles breadcrumbs.
5. Stir in the sugar, sunflower, pumpkin seeds and brazil nuts.
6. Use a tablespoon to place an even layer of

EQUIPMENT

- chopping board
- sharp knife
- juicer
- tablespoon
- mixing bowl
- table knife
- ovenproof dish- greased lightly with butter

crumble over the fruit.

7. Bake for 25 - 30 minutes until the crumble is golden-brown.

8. Serve hot or cold with custard, cream or natural yoghurt.

HOT TIP: Try other combinations of fruit as they come into season such as blackberries and apples.