

INFORMATION FOR HEALTHCARE PROFESSIONALS TO GIVE TO PARENTS/CARERS

COMFORTING CRUMBLE

Fruit crumble

Equipment:

Hand or jug blender • Spatula • Sieve • Mixing bowl • Chef's knife • Ovenproof dish



Allergens: Milk, fish, nuts (almonds).

Ingredients:

Crumble:

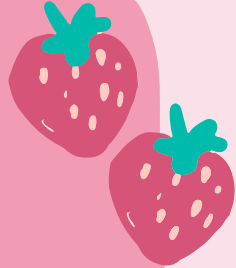
- ♥ 100g plain flour
- ♥ 50g rolled oats
- ♥ 50g ground almond
- ♥ 100g Butter / margarine
- ♥ 50g caster sugar

Filling:

- ♥ Tinned pie filling / 500g of frozen fruit (defrost) / fresh fruit peeled and sliced
- ♥ 100g caster sugar
- ♥ 1 tbsp corn flour mixed with a small amount of water

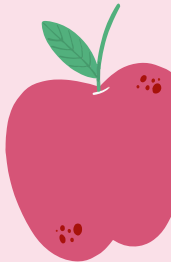
Extra:

- ♥ 50ml Cream
- ♥ 250ml Complete® paediatric

**Prep:** 15 mins | **Bake:** 10/15 mins | **Ready In:** 30 mins | **Serves:** 6**Full portion:** 270ml (1.5 x 60ml syringe) | **Difficulty:** Easy

Instructions:

- 1** Heat the oven to 200°C / fan 160°C / Gas Mark 6.
- 2** Rub together the flour, rolled oats, ground almonds, butter and caster sugar until they resemble crumbs.
- 3** Put pie filling / defrosted fruit / prepared fruit and caster sugar into a pan.
- 4** Add corn flour mixture to fruit.
- 5** Heat fruit mixture until thickened.
- 6** Place fruit mixture in an ovenproof dish and spread crumble evenly over the top of the fruit.
- 7** Place in the oven for 10-15 minutes until crumble is golden brown and allow the crumble to cool.
- 8** Add 50ml of cream and 250ml of Complete® paediatric to a portion to achieve an appropriate consistency for blending*.



←
**Watch
recipe video**

These recipes should only be used following recommendation by your dietitian or healthcare professional. www.nestlehealthscience.co.uk



Preparations Tips



This dessert can be frozen without blending.
Fully defrost and then blend when at room temperature.



Only add cream prior to freezing if you wish to freeze the meal blended.
Compleat® paediatric can be added when fully defrosted.



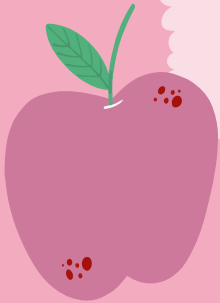
Compleat® paediatric should be stored in a cool dry place, and once opened, used within 24hrs. The feed can be stored in the refrigerator.



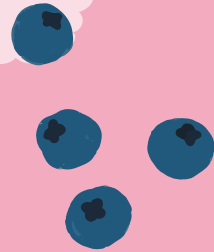
TO INCREASE THE ENERGY CONTENT OF THE RECIPE, ADD:

A 50g almonds**

B Sprinkle on top of the crumble: desiccated coconut, hazelnuts, walnuts etc.



**When adding almonds, the mixture turns quite grainy. Before serving, ensure the mixture is smooth enough.



* It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate.

Energy and Protein Content

Portion Size	Serving (ml)	Syringe (Quantity x volume)	Energy (kcal/kj)	Protein (g)
Full Portion	270	1.5 x 60ml	442/1849	5.1

Please note: Your dietitian should help you to estimate the correct portion for your child; some children may need smaller portions.

