

Crumble Bars.

Shared by Frances from the MND Association Volunteer Team

Servings: 12

Cook time: 45 minutes

Ingredients

- 140g plain flour
- 130g oats
- 155g caster sugar
- 150g melted butter (can be dairy free spread)
- 300g fruit (e.g. tinned peaches drained, frozen fruit, fresh fruit)
- 2 tbsp cornflour

Recipe

1. Preheat oven to 180°C (fan) and line a 9" x 6" pan with baking paper.
2. Mix your fruit with the cornflour and mix, set to the side (this helps absorb the liquid as the fruit cook and makes the bars gooey and yummy!)
3. Melt the butter.
4. Mix the flour, oats and caster sugar into the melted butter.
5. Push two thirds of the crumble mix into the baking tin, compacting it and getting right to the edges.

(Turn over for the rest of the recipe)



6. Add the fruit mixture, spreading evenly over your crumble base.
7. Crumble over the remaining mixture, which won't fully cover the fruit.
8. Bake for 45 minutes in the oven, until the top is brown and the fruit is bubbling.
9. Let it cool completely in the tin before cutting up.

Frances's tips

- These bars are super simple and flexible in the fruit you can use.
- If using apples or pears, I recommend cutting into small cubes or grating.
- They're best stored in the fridge once cooled, because of the high fruit content.