



LOVE
FOOD
hate waste
NEW ZEALAND

DID YOU KNOW

Nearly half the food we throw away could have been eaten. That costs the average Kiwi family over \$560 per year.

FRIDGE HARVEST CRUMBLE

A quick and easy recipe to use up ripe fruit.
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SERVES
6

FRIDGE HARVEST CRUMBLE

PREP 10 MIN COOK 40 MIN

Suggested ingredients

- 1/2 cup all-purpose flour
- 1/4 cup oats
- 3/4 cup brown sugar
- 1/4 tsp salt
- 1/2 cup nuts (sliced almonds, pecans, walnuts)
- 110g butter, cut into small pieces
- 1kg over-ripe fruit (plums, peaches, nectarines, berries, cherries, pears, apples)

Optional toppings shredded coconut, nutmeg, cinnamon

Serve with vanilla ice cream or yoghurt

Check your fridge for leftover seasonal fruits like berries, stone fruits, apples and pears.

Preheat oven to 200°C.

Pulse flour, oats, sugar, nuts, and salt in a food processor until nuts are chopped. Add butter and pulse until mixture begins to clump.

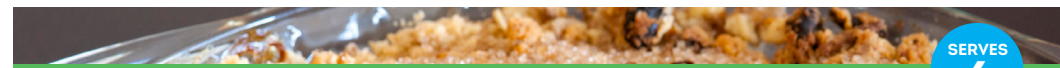
Grease a 24cm oven proof dish. Spread fruit evenly on the bottom and sprinkle the crumble on top.

Bake crumble in the middle of oven until fruit is tender and topping is golden brown, 25 to 30 minutes.

Sprinkle with optional toppings.

find more recipes at:

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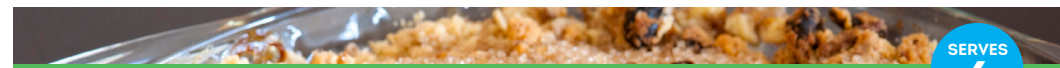
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