

baked white nectarines with gingernut filling



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Ingredients:

butter or margarine, for greasing
2 oranges
100g gingernut biscuits
1/3 cup shelled pistachio nuts
1 tbs brown sugar
1 egg white
4 large just-ripe white nectarines*, halved and stone removed
thick reduced fat natural yoghurt or vanilla ice-cream, to serve

*Note: Large just-ripe white and yellow peaches and yellow nectarines can also be used for this recipe. Freestone fruit is the easiest to prepare.

Health benefits of white nectarines:

- An excellent source of vitamin C. This vitamin is vital for a healthy immune system.
- Provide potassium. The body needs to balance sodium (from salt) with potassium in order to maintain healthy blood pressure.

Method:

1. Preheat oven to 180°C. Lightly grease a medium heat-resistant dish with butter or margarine. Finely grate and reserve 1 tsp orange rind and then juice the oranges. Pour orange juice into the baking dish.
2. Place gingernut biscuits and pistachio nuts in a food processor and process until mixture resembles fine breadcrumbs. Transfer mixture to a medium bowl.
3. Add reserved 1 tsp orange rind, brown sugar and egg white to biscuit mixture. Mix until well combined.
4. Dividing the biscuit mixture evenly, spoon the filling into the centre of each halved nectarine. Arrange nectarines, filling side up, in the baking dish. Bake, uncovered, for 12–15 minutes or until nectarines are just tender. Serve with thick reduced fat natural yoghurt or vanilla ice-cream.

Serves: 4

Preparation: 25 minutes

Cooking: 12–15 minutes