

Winter fruit tray bake



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Preparation 15 mins | Cooking 30 mins | Serves 6

This is such an easy & warming dessert. Chill any leftover roasted fruit and serve over porridge or granola for breakfast.

- 2 Golden Delicious apples
- 2 just-ripe Beurre Bosc pears
- 1 bunch rhubarb, trimmed, washed and cut into 5cm pieces
- 1 Cara Cara or Rosie Red navel orange, juiced
- ¼ cup caster sugar
- ¼ tsp ground cinnamon
- 1 vanilla bean, halved lengthways
- 250g strawberries, hulled
- Vanilla ice-cream or thick Greek-style yoghurt, to serve

**If preferred replace vanilla bean pod with ½ tsp vanilla bean paste.*

STEP 1 Preheat oven to 200°C. Halve apples and pears lengthways. Remove cores then cut lengthways into wedges. Combine apples, pears and rhubarb on a large baking tray lined with baking paper.

STEP 2 Place orange juice, sugar and cinnamon in a bowl. Scrape vanilla bean seeds into the mixture. Stir to combine. Drizzle mixture over fruit. Add scraped vanilla bean pod to the pan and gently toss to combine. Roast for 20 minutes.

STEP 3 Toss through strawberries and roast for a further 10 minutes or until tender. Set aside to cool slightly and serve with vanilla ice-cream or thick Greek-style yoghurt.

Good for you... **APPLES**

A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep us regular. Good source of vitamin C. Among its many functions, vitamin C contributes to healthy gums. Low GI which means the natural sugars in apples are digested slowly, releasing energy gradually

