

Roasted apricots with crumble topping



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Preparation: about 10 minutes
Cooking: about 15 minutes
Serves: 4

8 (about 750g) plump apricots, halved and stones removed
2 tbs maple syrup
125g butternut (or similar) sweet biscuits
1/3 cup flaked almonds
50g butter, melted
Vanilla ice-cream or thick cream, to serve

1. Preheat oven to 180°C. Line a baking tray with non-stick baking paper. Place apricots in a bowl, drizzle with maple syrup and toss to combine. Place apricots cut-side up on a baking tray.
2. Place biscuits in a plastic bag and crush with a rolling pin. Combine crumbled biscuits, almonds and melted butter in a bowl. Mix well. Sprinkle mixture over apricots. Bake for 15 minutes. Serve warm or at room temperature with ice-cream or thick cream.



Apricots

- A good source of dietary fibre, which is important to keep the intestine healthy.
- The deeper the colour of an apricot, the higher its content of beta carotene (which the body converts to vitamin A). Vitamin A helps protect against infection and has an important role in eye health.
- A source of dietary fibre, which helps prevent constipation.