

Strawberries with almond crumble



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Preparation about 10 minutes

Cooking about 5 minutes

Serves 4

½ cup ground almonds

1 tsp grated orange rind

½ cup fresh orange juice

¼ cup caster sugar

500g large strawberries, hulled

Reduced fat ice-cream, to serve

1. Preheat a grill on medium-high. Place almonds on a baking tray. Grill almonds, stirring occasionally, for 1–2 minutes until golden. Place almonds into a medium bowl. Add orange rind and sugar. Stir to combine.
2. Arrange strawberries in a shallow medium ovenproof dish. Drizzle with orange juice and sprinkle with almond mixture. Grill (with strawberries approx 6cm from heat source) for 1–2 minutes until strawberries are just warm. Serve with ice-cream.



Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- They are a good source of dietary fibre. Fibre helps prevent constipation.
- The content of some carotenoid antioxidants is higher in red ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.