

Easy plum crumble



Easy plum crumble

Preparation 15 mins | Cooking 15 mins | Serves 4

6 firm plums, halved and stones removed
1/3 cup plain flour
2 tbs brown sugar
35g butter, finely chopped
1/3 cup walnuts, chopped
Reduced fat vanilla ice-cream or yoghurt, to serve

STEP 1 Preheat an oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Arrange plums cut-side up on tray.

STEP 2 Combine flour and sugar in a bowl. Using your fingertips, rub in butter until well combined. Stir through walnuts. Top plums with crumble mixture. Bake for 15-20 minutes until plums are tender and crumble is golden. Serve with vanilla ice-cream or yoghurt.

Good for you... *PLUMS*

A good source of dietary fibre, which helps keep the intestine healthy and prevent constipation. Provides small amounts of minerals and vitamins, including vitamin C which is important for protection against infection. The purple skin on plums is a source of pigments called anthocyanins that are being studied for their potency as antioxidants.

