

Pear, date & chocolate crumble



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Preparation 25 mins + cooling time | Cooking 50 mins | Serves 6

5 (about 1kg) Beurre Bosc pears
1 lemon juiced
2 tbs water
200g fresh Medjool dates, halved lengthways and pitted
125g dark chocolate, roughly chopped
Vanilla ice-cream or Greek style natural yoghurt, to serve

Crumble topping:

$\frac{3}{4}$ cup self-raising flour
 $\frac{1}{3}$ cup maple syrup
1 cup rolled oats
1 tsp ground cinnamon
75g butter, melted

STEP 1 Preheat oven to 180°C/160°C fan-forced. Peel pears, quarter lengthways and core. Place in a microwave safe shallow dish. Sprinkle with lemon juice and water. Gently toss to combine. Cover and microwave on high for 5 minutes or until just tender. Drain pears and place into a 6-cup (about 4-5cm deep) baking dish. Set aside to cool.

STEP 2 To make the crumble topping, combine all ingredients in a bowl. Toss until well combined.

STEP 3 Toss dates through the cooled pears. Sprinkle with chocolate then sprinkle with crumble topping. Bake for 40-45 minutes until pears are tender and the crumble is golden and crisp. Serve with vanilla ice-cream or Greek-style yoghurt.

Good for you... PEARS

A good source of dietary fibre. Pears are also a natural source of sorbitol, which helps keep the body regular. Provide vitamin C, an important vitamin for healthy gums and blood vessels. A fruit with a low GI, which means it releases its natural sugars slowly.

