

Summer fruits gingerbread crumble



Here's a heart-healthy dairy-free Christmas treat brought you by the [Australian Heart Foundation](#)



Serves: Eight

Prep time: 15 minutes | **Cooking time:** 55 minutes

Ingredients

- 6 (850 g) nectarines, cut into wedges
- 1 tablespoon golden syrup
- 125 g punnet raspberries
- $\frac{2}{3}$ cup reduced fat plain Greek yoghurt, to serve

Crumble

- $\frac{1}{3}$ cup wholemeal plain flour
- $\frac{1}{3}$ cup quick oats
- $\frac{1}{3}$ cup flaked almonds
- 2 tablespoons raw sugar
- 2 teaspoons ground ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- 2 tablespoons olive oil
- 1 tablespoon golden syrup

Method

1. Cut nectarines into quarters, remove stones. Place over base of a large shallow ovenproof dish. Drizzle with golden syrup. Cover with foil. Bake in 180 °C oven (fan-forced) for 35 minutes, or until fruit is tender when tested with the tip of a sharp knife.

2. Meanwhile, to make crumble, place all ingredients in a medium bowl. Stir until well combined and crumbly.
3. Remove foil covering from baked nectarines. Scatter over raspberries and sprinkle with crumble. Return to oven for 15–20 minutes or until crumble is golden brown.
4. Serve warm with yoghurt.

Tips

- Nectarines can be replaced with peaches or plums, or try using a combination of stone fruits.
- Swap in blueberries or blackberries for raspberries, if preferred.
- For a shortcut, replace fresh fruit with an 800 g can peach halves (drained) and 1 cup frozen raspberries. Place fruit in ovenproof, drizzle with golden syrup and sprinkle directly with crumble topping (skipping baking in step 1). Bake as directed in step 3.

