

This is Grub4Life.Com – Britain’s foremost nutrition consultancy supporting vulnerable communities with practical resources for you and your clients.



For more information on free resources or training which could be supported by 100% grant contact us at feedback@grub4life.com for more information on : -

- Food Allergy and Intolerance Training course
- Common Nutrition Problems with Toddlers Training course
- 4 week rotation Menu Planning & Recipe Adaptation
- Training to help children and their parents overcome fussy and faddy eating
- Allergy Safe and Legally Compliant Recipe Manual for Nurseries
- Allergy Safe and Legally Compliant Recipe Manual for Childminders
- Food Allergies and Intolerance Manual

Pear and Berry Crisp

Serves 10

Ingredients	
400g frozen mixed berries	60g rolled oats
60g flour	5 ripe pears, peeled and cut into bite size pieces
30g light brown sugar	1 tbs lemon juice
30g granulated sugar	200g plain yoghurt
¼ tsp all spice	

METHOD:

1. Preheat oven to 400 degrees.
2. Spread frozen berries in a single layer on a paper towel-lined baking sheet; thaw 30 minutes at room temperature.
3. In a large bowl, mix together the half the flour, light-brown sugar, 2 tablespoons granulated sugar, allspice. Stir in oats. Rub in the spread to make a crumble like mixture.
4. Refrigerate.
5. In a large bowl, combine pears with lemon juice, thawed berries, 3 tablespoons granulated sugar, and 2 tablespoons flour; toss well.
6. Transfer to a shallow baking dish.
7. Sprinkle evenly with chilled topping.
8. Bake until fruit is tender and topping is golden, about 45 minutes.
9. Cool at least 20 minutes.
10. Serve with the yoghurt

COOKS TIP

- **MAKE A PEAR PUREE FOR WEANING DIETS**
- **FOR WHEAT-FREE DIET USE WHEAT FREE FLOUR**
- **FOR DAIRY FREE DIETS, USE DAIRY FREE SPREAD AND DAIRY FREE YOGHURT**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
236	3.4	10	35	6	0.2	0.4	185

For more information on free resources or training which could be supported by 100% grant contact us at feedback@grub4life.com for more information on : -

- Food Allergy and Intolerance Training course
- Common Nutrition Problems with Toddlers Training course
- 4 week rotation Menu Planning & Recipe Adaptation
- Training to help children and their parents overcome fussy and faddy eating
- Allergy Safe and Legally Compliant Recipe Manual for Nurseries
- Allergy Safe and Legally Compliant Recipe Manual for Childminders
- Food Allergies and Intolerance Manual