



**Nutritionally balanced,
lovingly created Kindred Recipe**

Apple and Oat Crumble – 60g per child

Feeds a family of 5

Ingredients: 400g Apples – 40g per child
1.2oz Stork
1.6oz Plain flour
1.2oz oats

**Add sugar free custard
as a treat – 60g per child**

Method:

1. Mix the stork, flour and oats together to make a crumble mix
2. Dice the apples and place at the bottom of a baking tray and top with crumble mix
3. Bake in the oven at 180 degrees for around 45 minutes or until golden brown



All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meet the voluntary food and drink guidelines set by the Government.