

Fresh for Kids®

Strawberry muesli crumble



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Preparation: about 15 minutes

Cooking: about 15 minutes

Serves: 4

500g strawberries, hulled

½ cup natural muesli (remove any whole nuts)

¼ cup brown sugar

¼ cup plain flour

75g butter, softened and chopped (+ extra for greasing)

Icing sugar, for dusting

1. Preheat oven to 200°C. Lightly grease 4 x 1-cup ovenproof dishes or 1 x 4-cup shallow baking dish with butter. Arrange strawberries in dishes.
2. To make muesli topping, combine muesli, brown sugar, flour and butter in a medium bowl. Using your fingertips, rub in the butter until well combined.
3. Crumble muesli mixture evenly over strawberries. Bake the 1-cup dishes for 10–12 minutes and the 4-cup dish for 15–20 minutes until crumble is crisp. Cool in dishes for 5 minutes. Lightly dust with sifted icing sugar and serve.

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Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- Antioxidant content is higher in ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.
- They are a good source of dietary fibre. Fibre helps prevent constipation.

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