

Rhubarb & Custard Oaty Crunch

You will need -

Chopping Board
Knife
Fork (depending on your chopping/cutting skills)
Spoon
Bowl
2 Baking Trays
Greaseproof Paper
Jars or Pots

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

Rhubarb	Sugar
15ml Honey	50g Oats
Dried Fruit	Nuts
Custard - Tinned, Carton or Homemade	

Remember your personal portion sizes for each of the different food groups when choosing and adding your ingredients.

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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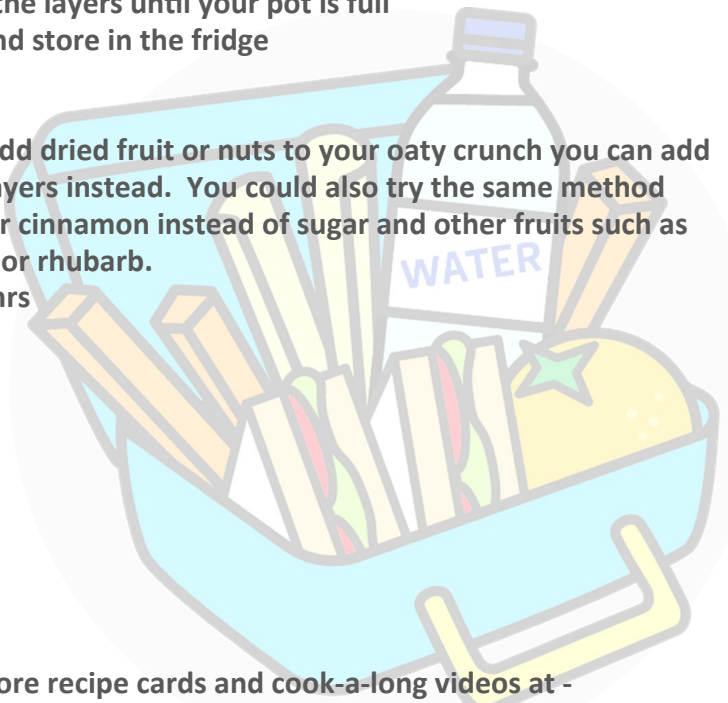
Method -

1. Pre heat your oven to 150degrees
2. In your bowl mix your honey and oats together
3. Add a sprinkle of nuts and or dried fruit
4. Add your greaseproof paper to a baking tray
5. Spoon out your mixture onto the tray
6. Place in the middle of your oven and bake for 15-20mins
7. On a chopping board use your claw grip to cut the end of the rhubarb off and chop into chunks
8. Lay the rhubarb your other baking tray in a single layer and sprinkle a small amount of sugar on top
9. Place in the middle of your oven and bake for 15-20mins (until just tender)
10. Remove both trays from the oven and allow to cool
11. Once cool, spoon a layer of rhubarb into a pot
12. Add a layer of custard
13. Sprinkle a layer of your oaty crunch
14. Repeat the layers until your pot is full
15. Cover and store in the fridge

Notes -

If you didn't add dried fruit or nuts to your oaty crunch you can add them to the layers instead. You could also try the same method using ginger or cinnamon instead of sugar and other fruits such as apple instead or rhubarb.

Eat within 48hrs



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