Pear and Choko Crumble



Serves	4-6
Prep time	10 minutes
Cook time	30 minutes
Total time	40 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert
Misc	Child Friendly, Pre-preparable, Serve Cold, Serve Hot

Ingredients

- 1 poached choko (diced, refer to recipe)
- 400g pears in syrup (drained and diced)
- 1 1/2 cup rolled oats
- 1/4 cup brown sugar
- 1/4 cup skim evaporated milk

Directions

1. Pre-heat the oven to 180 C and grease a 2 litre oven proof dish.
2. Combine the pears and choko and place into the prepared dish.
3. Combine the rolled oats, sugar and evaporated milk and mix well. Spread over the fruit.
4. Bake for 30 minutes or until golden brown.
5. Serve with ice cream, cream or custard.

Note

Low Chemical

Refer to recipe for poached chokos.