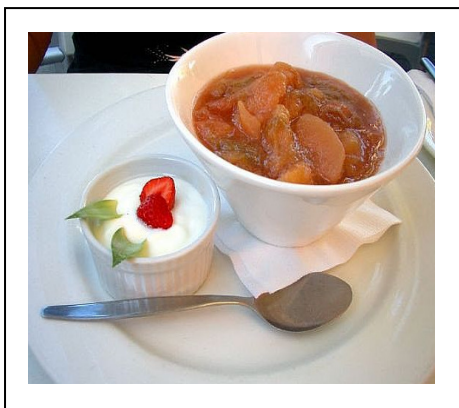


## 'What's Cooking!' Recipe Cards

## Fruit &amp; Oatcakes Dessert



## Food Fact:-

**A combination of the goodness of oatcakes and the many benefits of the fruit, make this both a quick and healthy dessert.**

Serves 4

**Preparation time** 5-8 mins

**Cooking time** 5 mins



## Fruit &amp; Oatcakes Dessert

Ingredients

1. Peel banana and rinse apple and dried apricots.
2. Cut fruit into small pieces (remove apple core) and place all together in a small microwave proof dish.
3. Add a minimum of 3 tablespoons of water and cook on med for approx 5 minutes, adding more water to prevent the mixture becoming too dry and sticking to the dish, leave for 5 minutes until fruit is soft. (This tastes great as it is but, if available you could add a dash of lemon juice and/or a teaspoon of chopped ginger and/or a pinch of cinnamon powder, according to your taste)
4. Meanwhile arrange oatcakes in the bottom of individual bowls (you may have to break them into pieces to make them fit).
5. When fruit mixture is soft, pour into individual bowls to cover the oatcakes. If the fruit mixture contains enough liquid the juices will soak into, and soften, the oatcakes.
6. Serve with a sprinkling of broken walnuts.

**2 apples 2 bananas  
8 dried apricots (preferably additive free)  
6-12 oatcakes  
40g (broken) walnuts**