

Cococnut Berry Crumble

Serves: 6-8
Prep: 15 min
Cook: 20-25 min



Dietary: VEG, EF, NF
Allergens: Dairy, Wheat
Age group: 12 months+

Coconut Berry Crumble

Ingredients

BERRY FILLING

- 600g mixed berries (fresh or frozen)
- 1 tbsp (20ml) maple syrup (optional)
- 1 tsp (5ml) vanilla extract
- 1 tbsp (16g) chia seeds
- 1 tsp (5ml) lemon juice

CRUMBLE TOPPING

- ¼ cup (35g) wholemeal flour
- ¼ cup (35g) pumpkin seed meal
- ½ cup (55g) rolled oats
- ½ cup desiccated coconut
- 1 tsp (5ml) vanilla extract
- 1 tsp (2g) ground cinnamon
- ¼ cup (60ml) coconut oil, melted

CINNAMON YOGHURT

- 2 cups (520g) Greek yoghurt
- 1 tsp (2g) ground cinnamon
- 1 tsp (5ml) maple syrup (optional)

Method

1. Preheat oven to 180°C.
2. Place the berries, maple syrup (if using), vanilla, chia seeds and lemon into a medium saucepan and cook on low-medium heat for 5 mins, or until berries have softened.
3. Place berry mix into an ovenproof baking dish and set aside.
4. Add flour, seed meal, oats, desiccated coconut, vanilla, cinnamon and coconut oil in a bowl and mix well.
5. Cover the berry mix with the crumble mixture and bake for 20-25 mins or until golden brown.
6. To make the cinnamon yoghurt, mix the yoghurt with cinnamon and maple syrup in a small bowl.
7. Allow the crumble to cool, then serve with a dollop of cinnamon yoghurt.

Storing leftovers: Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

Tips

✓ Allergies:

For a dairy-free version: Swap Greek yoghurt with unsweetened soy, oat or coconut yoghurt.

For a gluten-free version: Swap oats with quinoa flakes and wholemeal flour with a gluten-free flour of choice.

✓ Easy ingredient swaps:

Swap berries for seasonal fruit of choice.
Swap maple syrup with honey.

✓ Baby-friendly version:

Leave out maple syrup and serve mashed or in finger food-sized pieces.

✓ For fussy eaters:

Deconstruct this meal by serving the crumble, berry mixture and yoghurt separately.