

Ryvita Sunflower Seed and Oat Crispbread Crumble

Serves 4

Prep / cook time: 15-20 min

Ingredients:

4 Ryvita Sunflower Seeds & Oats
Crispbread
2 small coxes apples, peeled cored and
roughly chopped small
3 tbs dark runny honey
1tbs lemon juice
3tbs sultanas
1 small thumb ginger, finely chopped
5 tbs water
6 tbs clotted cream
6 dates, stoned and roughly chopped
8 walnuts (optional), roughly chopped
Small amount of orange zest, finely
grated



Method:

- 1 Put the apples in a small pan with the water, honey, ginger, lemon juice and sultanas. Bring to a simmer and cook the apples for about 12 minutes until any obvious watery element has evaporated and the apples are stewed and tender. Add a splash of extra water while cooking if needs be. Allow the apple mixture to cool.
- 2 Chop the dates and the walnuts roughly.
- 3 When the apple is still faintly warm spread one tablespoon and a half of clotted cream on each crispbread. Cover with a layer of the apple mixture, then scatter over a few pieces of date and walnut, and a few flecks of orange rind.

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