

Healthy Holiday Berry Crumble

A wholesome, delicious, and simple recipe featuring nutrient-packed berries, ideal for any festive occasion!

INGREDIENTS

Berry Base:

- 2 cups mixed frozen or fresh berries (blueberries, raspberries, and strawberries)
- 2 tbsp honey (or any preferred sweetener)
- 1 tbsp fresh lemon juice
- 1 tbsp cornflour

Whole-Grain Crumble:

- 1 cup rolled oats
- ½ cup whole wheat flour
- ¼ cup light brown sugar
- ½ tsp cinnamon
- ¼ cup unsalted butter or margarine (cold and diced)



INSTRUCTIONS

1. Preheat oven: Set to 180°C (350°F).
2. Prepare the berry base:
 - In a mixing bowl, combine berries, honey, lemon juice, and cornflour.
 - Mix well and transfer to a greased 20cm x 20cm baking dish.
3. Make the crumble topping:
 - In another bowl, combine oats, flour, sugar, and cinnamon.
 - Add the butter and rub it into the dry ingredients with your fingers until it resembles coarse crumbs.
4. Assemble and bake:
 - Sprinkle the crumble topping evenly over the berries.
 - Bake for 25–30 minutes or until the top is golden brown and the berries are bubbling.
 - Let cool slightly and serve as is or with a dollop of plain yoghurt for a healthy twist. Or for a decadent treat serve it with your favourite ice-cream.



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