



## FALLEN FRUITS

Delicious baked citrusy apples & pears. Ideal for using up over-ripe fruit. Serve hot or cold, with or without plain yogurt, or custard.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; chop using bridge/claw technique; use a vegetable peeler safely; use a citrus squeezer/zester.

**Equipment:** Oven dish, vegetable peeler or zester, citrus squeezer, measuring spoons, chopping board, knife, foil.

**Allergens\*:** Sulphites

### Ingredients (serves 2):

- 1 medium pear, peeled, cored and quartered
- 1 medium apple, peeled, cored and quartered
- 1/2 tsp ground cinnamon
- Pinch grated nutmeg
- 1 tbsp raisins/sultanas
- Zest and juice of 1/2 lemon
- Zest and juice of 1/2 orange
- 3 tbsp water

### Method

1. Preheat the oven to 180C / 160C fan / gas mark 4.
2. Place the prepared pear & apple pieces in an oven dish with the cinnamon and nutmeg.
3. Use the peeler to peel the orange and lemon zest into strips, and add to the dish.
4. Squeeze the juice from the orange and lemon and pour over the apples and pears.
5. Stir in the raisins or sultanas and water.
6. Cover the dish with foil and bake for about 35-40 minutes or until the fruit is just soft.

*\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



## FALLEN FRUITS Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 172g serving

<b>ENERGY</b>	509kJ / 120kcal	6%
<b>FAT</b>	0.6g	1%
<b>SATURATES</b>	0.2g	1%
<b>SUGARS</b>	24.0g	27%
<b>SALT</b>	Trace	<0.1%

% of an adult's reference intake  
Typical values per 100g : Energy 296kJ / 70kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

### So, thinking about Fallen Fruits ...

**Fruit** is naturally high in fibre, low in calories and provides many vitamins and minerals to keep our bodies fit and healthy.

**Dried fruit** such as apricots and raisins are high in fibre and iron. A 30g portion counts as one portion of your 5-a-day. Due to its high sugar content dried fruit should be eaten at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.

