



Vegetarian, Nut Free

GOOSEBERRY CRUMBLE TRAYBAKE

Crumbly and fruity, the perfect traybake for picnics, snacks or lunch boxes.

First make the filling. Put the gooseberries, sugar and cornflour in a saucepan on a medium heat and bring to a simmer. Cook, stirring occasionally 8-10 minutes until the sugar has dissolved and the juices become thick and jammy. Set aside.

Heat the oven to 190C/170C fan and line an oven dish approximately 18cm x 25cm with greaseproof paper.

In a bowl combine the flour, oats and butter in a bowl and rub together with your fingers. Gently break up the butter until the mixture looks like coarse crumbs.

Stir in the muscovado sugar and pumpkin seeds, again using your fingers to break up the lumps of sugar, then tip half of the mixture into the prepared oven dish and press down firmly with your hands.

Spread the berry mixture over the base then top with the rest of the crumble and press down again, as firmly as you can without squishing the fruit out. If using, drizzle the top with honey then bake for 35-40 minutes until golden.

Allow to cool in the dish then cut into 18 bars and keep in an airtight tin.

Note: This recipe works with any berries such as strawberries, raspberries or blackcurrants, just taste the 'jam', when it's cool enough, and adjust the sugar if necessary.

Serves: 18

Prep time: 20 mins

Cook time: 40 mins

Ingredients

For the filling

400g BerryWorld red gooseberries, trimmed

200g sugar

1½ tbsp cornflour

For the crumble

300g self-raising flour

200g porridge oats

250g salted butter

175g muscovado sugar

100g pumpkin seeds

1 tbsp honey, optional

Nutrition

	Per 100g	Per Serving
Energy (kcal)	366	339
Fat (g)	16	15
Saturated Fat (g)	8.5	8
Sugar (g)	26	24
Salt (g)	0.45	0.4