THE LIGHTER PLATE METHOD

Pear, Ginger & Oat Crumble Pots

Soft spiced pear beneath a toasty oat crumble, with cold yoghurt to spoon through.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**17 min**	**25 min**	**2**	**EASY**

Ingredients

- 2 ripe pears (cored and diced)
- 60 g porridge oats
- 2 balls stem ginger (finely chopped, plus 1 tbsp of the syrup)
- 200 g natural yoghurt
- 25 g flaked almonds
- 0.5 tsp ground cinnamon
- 1 tbsp olive oil or melted butter

Method

1. Heat the oven to 190°C / 170°C fan.
2. Toss the pears with the stem ginger, its syrup and the cinnamon, and divide between two small ovenproof dishes.
3. Mix the oats and almonds with the oil and a pinch of salt until lightly coated, then scatter over the fruit.
4. Bake for 15–17 minutes, until the topping is golden and the pears are bubbling at the edges.
5. Cool for 5 minutes, then top each with a large spoonful of cold yoghurt.

Tips & swaps

- The contrast of hot fruit and fridge-cold yoghurt is the point, so add it at the table rather than in the kitchen.

Storage & reheating

Best eaten warm from the oven.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**9g**	**42g**	**12g**	**6g**

Estimated values, for guidance only. Contains: Oats (gluten), Milk, Tree nuts (almonds).