



GET TOGETHERS

Bringing people together through food



ALLERGY AWARE: This recipe contains oats, flour, butter

Blackberry and Pear Bumble

This recipe is part flapjack and part crumble, perfect for a Cook and Share event you could even pick some berries with your group and then cook what you find. Frozen fruit would also work too.

Organisation and skill: ★☆☆ (Easy)

Cost: ★☆☆ (Low cost)

Community involvement: children under supervision, young adults, families, older people

Equipment: ★☆☆ (Basic)

Equipment

- mixing bowl
- table knife
- tablespoon
- chopping board
- sharp knife
- peeler
- ovenproof dish

Ingredients

- 150g rolled (porridge) oats
- 100g wholemeal flour
- 50g soft brown sugar
- 75g butter (or baking margarine)
- 100g large juicy blackberries
- 2 ripe pears – peeled, cored and roughly chopped

How to make it

- 1 Heat the oven to 180°C/Gas 4. Grease the ovenproof dish. Place all the ingredients, except the fruit, in the mixing bowl.
- 2 With your fingertips, rub the butter into the dry ingredients. Sprinkle approximately half the rubbed-in mixture into the ovenproof dish.
- 3 Arrange the pear and blackberries slices evenly on top of the oat mixture.
- 4 Sprinkle the remaining oat mixture evenly over the fruit and press down lightly.
- 5 Bake for 30 minutes until golden-brown on top and the pears are soft when tested with the tip of a sharp knife.



Cooking together

This recipe is a great one to link to learning about bees and pollinators, there are Plant and Share Month resources all about bees available on the Get Togethers website.

Why not extend your session to making a bug hotel – we have created a new resource for you to use.



Recipe hints and tips

A sort of crumble / flapjack cross-over this is a great alternative to pre-packaged ultra-processed snack bars and cakes. It can be used in packed lunches and also for celebration events.

Use apples in place of pears or any other seasonal fruit – rhubarb and strawberries would be lovely in summer (you might need to sprinkle the rhubarb with sugar).

Use vegetable-based block instead of butter to reduce the amount of saturated fats.

Allergy aware: This recipe contains oats, flour, butter.

Store wise: This recipe will keep in a sealed container for 4-5 days.

Portion wise: serves 6-8 and can be served with yogurt or on its own.

Sunday 16th October – Friday 18th November

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