



EON Foundation
Growing healthier communities

Desserts & Sweets

RHUBARB & APPLE CRUMBLE

THIS MEAL SERVES **EIGHT PEOPLE**



INGREDIENTS

- 5 stalks of rhubarb cut into 3 cm pieces
- 8 apples
- ½ cup of caster sugar
- 1 cup of rolled oats
- ½ cup of brown sugar
- ½ cup of shredded coconut
- 2 cups of plain flour
- 3 tablespoons of butter, softened

SERVE WITH (OPTIONAL):

Fresh Fruit, Yoghurt

COOKING METHOD STEP BY STEP

1. Preheat oven to 180°C.
2. Put rhubarb and half a cup of water in a saucepan, cook over low heat for 10 minutes.
3. Peel, core and cut apples into very small pieces or coarsely grate them.
4. Add apples and caster sugar to rhubarb mixture and cook mixture over low heat for 10 minutes more.
5. Pour mixture into oven proof dish that is lined with baking paper- or buttered all around to prevent sticking.
6. Make the crumble by putting dry ingredients (oats, brown sugar, coconut and flour) into a bowl and mix in the butter with clean hands until it has a crumble texture.
7. Pour crumble over top of rhubarb and apple mixture. Put the tray into oven for 25 minutes.
8. Serve crumble with fresh fruit or yoghurt.

PUMPKIN SCONES

INGREDIENTS

- 2 ½ cups self-raising flour
- 1 cup butter
- 1 egg
- ½ cup milk
- 1 cup steamed pumpkin, skinless

SERVE WITH (OPTIONAL):

Fresh fruit, yoghurt, cream cheese, jam or cream.

THIS MEAL SERVES **EIGHT PEOPLE**



COOKING METHOD STEP BY STEP

1. Steam pumpkin in a large pot until soft. Remove excess water and then mash it until it's soft.
2. Stir butter into pumpkin until it melts and then the egg.
3. Add milk, then slowly add the flour and keep stirring.
4. Put the mixture onto a floured chopping board or clean bench top. The mixture should be thick and you can hold it.
5. Cut the mixture into small circles using a small cup or divide it evenly with your hands and make small balls.
6. Place them onto a greased tray with space between them.
7. Put in oven for 15 minutes on 200 degrees.
8. Serve with fresh fruit, yoghurt, cream cheese, jam or cream (optional).

DESSERTS & SWEETS

BANANA PANCAKES

INGREDIENTS

- 3 ripe bananas
- 3 eggs

THIS MEAL SERVES **FOUR PEOPLE**



COOKING METHOD STEP BY STEP

1. Mash bananas.
2. Crack eggs into a bowl and lightly beat.
3. Mix bananas and eggs together.
4. Heat frying pan.
5. Pour 1/3 of a cup of batter onto the pan.
6. Cook until bubbles form all over the surface and flip.
7. Cook for a further 1 minute and serve.