

Recipe Name	Fruit Crumble		Food Groups per Serving	
Serves	50		Vegetables & Fruits	0.5
Serving Size	1/3 cup		Grains	0.25
Total Cost per recipe	\$13.98		Milk & Alternates	0
Total Cost per serving	\$0.28		Meat & Alternates	0
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Apple	1.00	l	3.934	0.079
Pears, canned	1.00	l	3.505	0.070
Peaches, canned	1.00	l	3.505	0.070
Sugar, granulated	125.00	ml	0.147	0.003
Cinnamon	10.00	ml	0.186	0.004
Rolled oats	500.00	ml	0.498	0.010
Brown sugar	500.00	ml	0.710	0.014
Whole wheat flour	250.00	ml	0.057	0.001
Margarine	250.00	ml	1.436	0.029
1. Lightly spray baking dishes with vegetable oil spray.				
2. Peel and slice fruit. Spread in baking dishes; sprinkle with granulated sugar and cinnamon.				
3. In a bowl, combine rolled oats, brown sugar, and flour.				
4. Cut in margarine until mixture looks like coarse crumbs. Sprinkle over fruit.				
5. Bake at 350°F (180°C) for 30-35 minutes or until fruit is bubbly and tender and topping is browned.				
Optional: yogurt topping				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	