

LOCAL FLAVOURS

Custard apple and pear crumble

THIS recipe, which serves six to eight people, makes for a warming dessert as the colder days draw in.

The recipe was contributed by Custard Apples Australia and more information is available at www.custardapple.com.au.

INGREDIENTS

FOR THE FILLING

2 medium custard apples
4 ripe pears, peeled, cored & thinly sliced (800 g)
1/2 tsp ground ginger
1/4 tsp sea salt
1 tbsp rapadura or coconut sugar (15 g)
2 tsp lemon juice

FOR THE CRUMBLE TOPPING

1 1/2 cups rolled oats
1/2 cup wholemeal, spelt, or gluten free flour (70 g)
1/4 cup slivered almonds (35 g)
1/4 cup maple syrup (60 ml)
1/4 cup olive oil (60 ml), plus extra for baking dish
Pinch sea salt

METHOD:

Preheat oven to 180°C. Lightly brush a standard (22 cm) pie dish with a bit of olive oil.

Scoop custard apple from the skin and remove seeds. Discard seeds and skin.

Combine custard apple flesh and sliced pears in a large bowl.

Sprinkle fruit with the ginger, salt, sugar and lemon juice, and toss gently to combine.

Tip into the prepared pie plate.

In a medium bowl, combine all crumble topping ingredients and stir until oats are evenly coated. Sprinkle crumble over fruit.

Place the baking dish on a tray to catch any drips and bake crumble for 30 minutes, until fruit is bubbling and topping is golden.

Serve warm or at room temperature with a scoop of yoghurt or ice cream.



YOUR HEALTH



with **TERESA MCMAHON**
SOUTH WANGARATTA MEDICAL CENTRE

◆ **STAYING HEALTHY:** Booking in your annual influenza vaccine can help you fight the flu.

Have you booked your annual flu vaccine yet?

INFLUENZA, commonly known as the flu, remains a significant health concern worldwide, affecting millions each year.

The virus spreads swiftly through respiratory droplets, leading to symptoms ranging from fever and cough to fatigue and body aches.

While most cases resolve without complications, vulnerable populations, including the elderly and those with underlying health conditions, face a higher risk of severe illness and complications.

Thankfully, vaccination

stands as a cornerstone in the fight against influenza.

Vaccination prompts the immune system to produce antibodies, fortifying the body's defences against the virus and reducing the severity of illness if infection occurs.

Vaccination against influenza is recommended for all people aged six months and over.

However, despite the proven effectiveness of influenza vaccines, global vaccination rates vary, influenced by factors such as accessibility, public awareness, and misconceptions regarding vac-

cine safety and efficacy.

Encouraging widespread vaccination against influenza is paramount, not only for individual protection but also for the collective well-being of communities.

By reducing the spread of the virus, vaccinations contribute to herd immunity, shielding those who are unable to receive the vaccine due to medical reasons or age.

If you have not yet booked your annual influenza vaccine or you would like more information, your GP clinic would be more than happy to help.

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