

# Performance Nutrition - Recipe of the week

Meals prepared & cooked in an hour, and for less than £5 per person!



## Apple & Pear Crumble with Almond Yogurt

**Performance benefits:** this is a great autumn dessert to help swimmers fuel big training sets. It's ideal to consume on a Sunday evening before the start of a high volume week to fuel up, or with the meal immediately after a high intensity training session to aid recovery. It is a high carbohydrate pudding, but it uses a lower fat recipe so it can still be eaten by swimmers trying to optimise their body composition for performance. Interestingly, apples and pears are high in different types of polyphenols, including flavanols; protecting the body from training stresses and even improving aerobic capacity!



**Serves:** 6  
**Preparation time:** 15 minutes  
**Cooking time:** 40 minutes  
**Allergy Information:** Contains nuts & gluten

### Nutrient content - per serving / per 100 g;

Energy:	386 kcal / 138 kcal	HIGH ENERGY Dessert - Eat during high intensity training
Protein:	6 g / 2 g	( <sup>P</sup> = indicates main source in recipe)
Carbohydrate:	62 g / 22 g	( <sup>C</sup> = indicates main source in recipe)
Fat:	15 g / 5 g	( <sup>F</sup> = indicates main source in recipe)

### You will need;

- 500g English Cox apples
- 500g English Conference pears
- 100g soft light brown sugar<sup>C</sup>
- 175g plain flour
- 100g poly-unsaturated margarine<sup>F</sup>
- 50g flaked almonds
- Few drops almond essence
- 300g low-fat plain yogurt<sup>P</sup>

### Method;

1. Preheat the oven to 180°C, fan 160°C, gas-mark 4.
2. Peel, core and slice the apples and pears and place in an ovenproof dish.
3. Sprinkle over 50g of the sugar and 2 tablespoons water.
4. Sift the flour into a bowl and rub in the margarine.
5. Stir in the remaining 50g sugar and the almonds.
6. Spoon the mixture over the fruit and place in the preheated oven for 35-40 minutes until the fruit is tender and the crumble topping is golden. Stir the almond essence into the yogurt and serve with the crumble, which is delicious eaten hot or cold.