

Stewed Apricots and Apricot Crunch

From Margaret Cook

Stewed Apricots (Any variety)

- Halve apricots and remove stone.



- Cook in microwave on 450w for 8 min or until soft and juicy.



- When cool, spoon into individual containers and freeze.



Apricot Crunch

60g butter

3 Tablespoons Golden Syrup

1 Tablespoon coconut

½ tspn ground nutmeg

2 cups cornflakes

2 cups Stewed Apricots (Any variety)

- Combine Golden Syrup, butter, coconut and nutmeg and melt in microwave.
- When melted, add cornflakes and stir until cornflakes are well coated.
- Place apricots in a dish
- Place the cornflake mixture on top
- Press down to make a crust.
- Bake in moderate oven 180 for 6 min or until it is crisp and golden brown.

