

30  
mins

# STONE AGE

## Stewed Fruit Recipe

# You will need...

## Ingredients

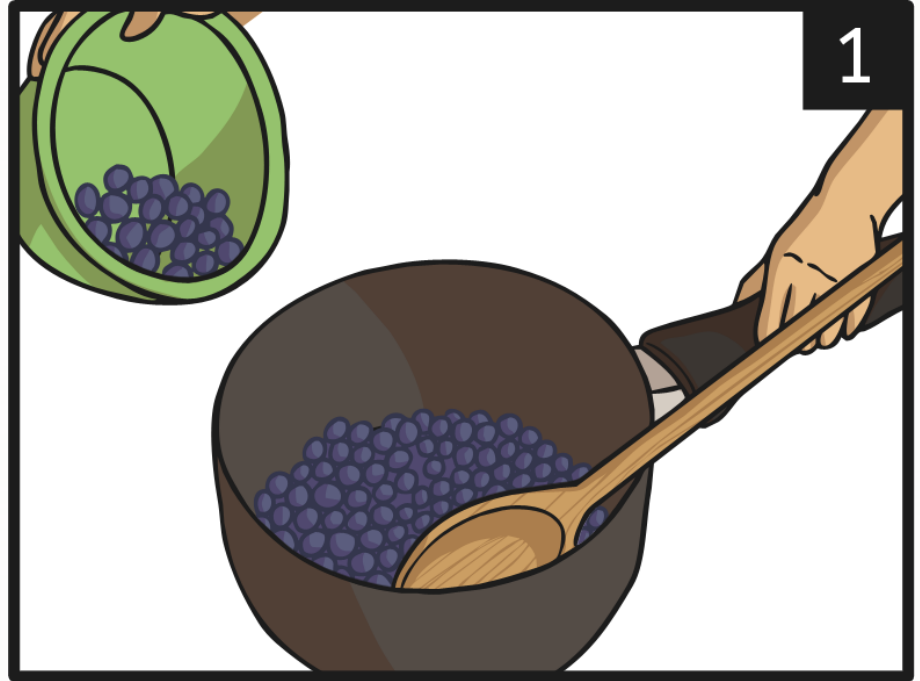
- 140g blackberries
- 3 plums
- 40g hazelnuts
- 1 spoonful of honey
- 10g sunflower seeds to serve



## Equipment

- a sharp knife
- a large saucepan
- wooden spoon
- a ladle
- table spoon
- a rolling pin
- 1 plastic food bag





Weigh the blackberries, before halving and adding to the pan.



Carefully chop the plums into small pieces. Be careful because the knife is sharp.



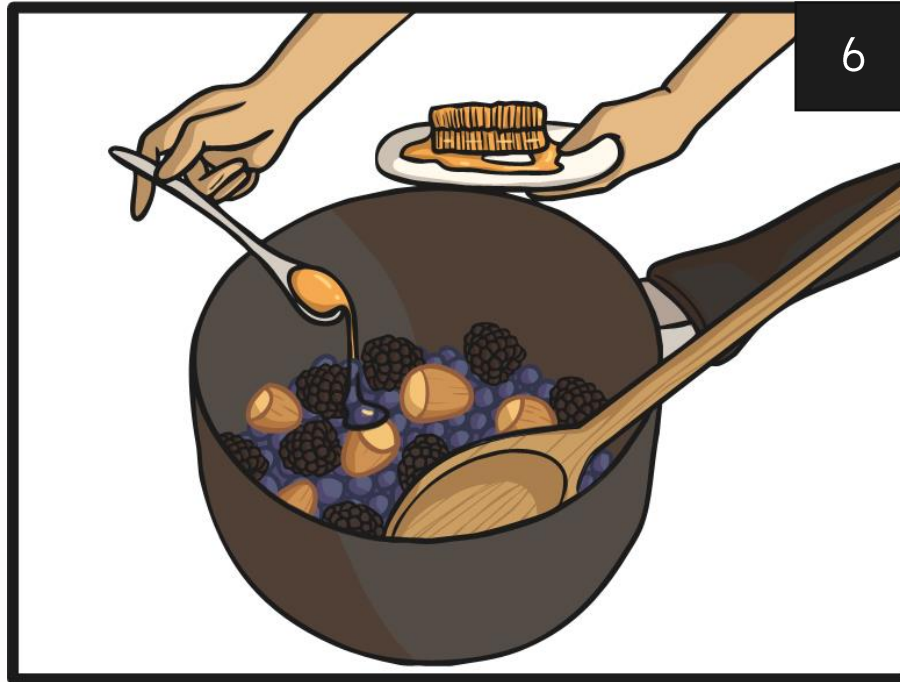
Add the chopped plums to the blackberries. Using a wooden spoon, gently mix together but make sure you don't crush the berries.



Put the hazelnuts into a plastic bag  
and bash them firmly using the  
rolling pin

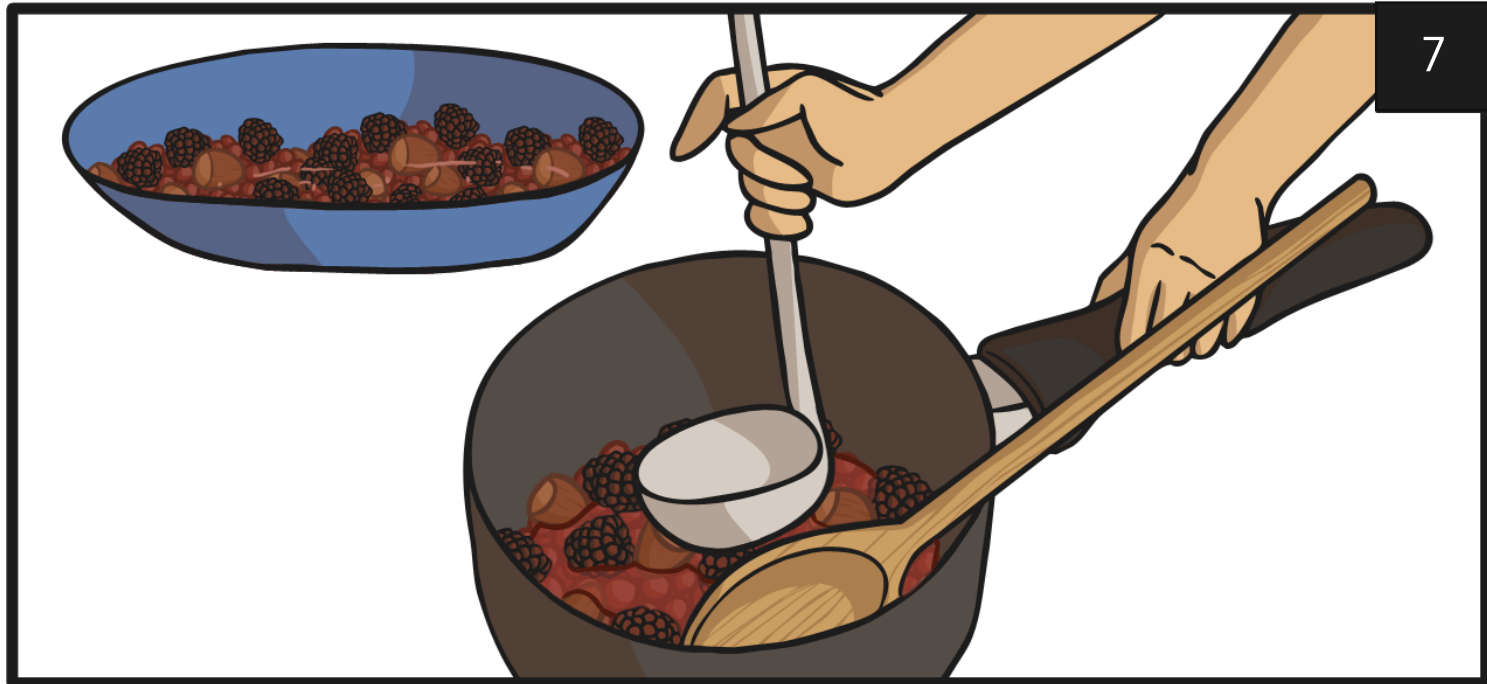


Add the crushed hazelnuts and carefully mix it altogether.



Add 1 spoonful of honey to the pan and put it back on the stove (you might need to ask an adult for help with this). Bring the mixture gently to the boil.





Simmer the mixture carefully for 20mins. Leave to cool. Finally, spoon into a serving bowl and sprinkle with sunflower seeds.