

# Real Good Ketchup's Red Berry Cobbler

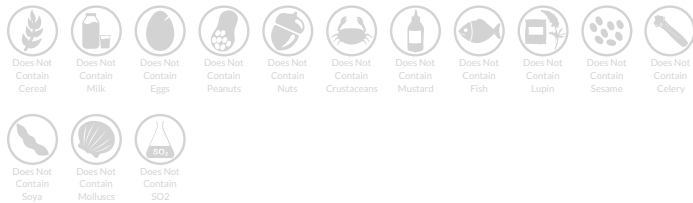
## Ingredients

Product	Quantity
Frozen Berries	300.00 g
Real Good Tomato Ketchup No Added Sugar	20.00 g
Coconut Oil	60.00 g
Rice Flour	125.00 g
4 Tablespoons Maple Syrup	56.70 g

Serves: 6

## Allergy Information

Key: **Contains** **May Contain**



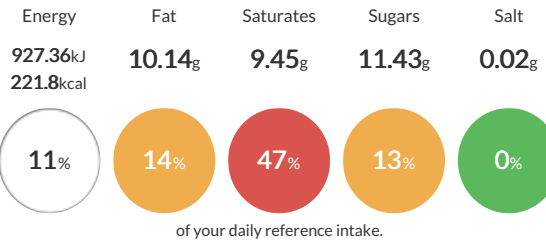
## Dietary Information

Key: **Suitable for**



## Reference Intake

Each serving contains:



## Nutritional Summary

Energy	927.36kJ 221.8kCal
Protein	2.07g
Carbohydrates	28.64g
of which sugars	11.43g
Non Milk Extrinsic Sugars	0g
Fat	10.14g
of which saturates	9.45g
Fibre	3.9g
Salt	0.02g
Sodium	0.01g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

## Method & Recipe Notes

Method: Preheat the oven to 200 C. Place the frozen berries into a glass oven-proof bowl and mix in with the ketchup. Place in the oven whilst it heats up. Bring the flour and coconut oil together with your hands until you form breadcrumbs. Drizzle in the maple syrup and stir. Remove the berries from the oven and sprinkle the breadcrumbs on top evenly. Place back in oven for 20-25 minutes until the topping has just started to go golden brown. Serve with dairy free ice cream or yoghurt! Serving Suggestions This delicious recipe is the perfect end to a Summer BBQ. It's refreshing served with dairy free ice cream, yoghurt and even eaten cold! For those that love a bit of chocolate try drizzling a little dark chocolate over the top for an extra little kick

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions