

Clearspring



- Apple Purée
- Apple & Blueberry Purée
- Apple & Plum Purée
- Apple & Apricot Purée
- Apple & Strawberry Purée
- Pear Puree
- Pear & Banana Purée
- Apple & Pineapple Purée
- Apple & Mango Purée
- Apple & Cranberry Purée

Available in 2 x 100g pot packs



Fruit Crumble

Ingredients: serves 4

For the crumble topping

- 1/3 cup rolled oats or millet flakes
- 1/3 cup unbleached white or whole-meal flour
- 1/4 tsp cinnamon
- A pinch of Clearspring Traditional Sea Salt
- 2 tbsp Clearspring Organic Sunflower Frying Oil
- 1 1/2 tbsp Clearspring Organic Rice Malt Syrup

For the fruit base

- 250g frozen forest berries*
- 1 to 2 pots Clearspring Organic Apple & Apricot Purée (enough to get all the fruit very generously coated)
- * alternatively 250g of chopped apples/pears or 200g of tinned apricot/peach

Method

- 1 Put the oats or millet flakes, flour, cinnamon and sea salt into a bowl and mix them well. Rub the sunflower frying oil into the mix using fingertips, until the mixture looks like fine breadcrumbs.
- 2 Add the malt syrup and keep mixing well with fingertips.
- 3 Place the fruit purée and fruits at the base of a baking dish (21cm/8 1/4") and lay the crumble topping to cover the fruit.
- 4 Bake at 180 degrees C/Gas Mk 4 for 10 mins and then place under the grill for another 10 minutes or until the top looks golden and crunchy.

Adapted from a recipe by Ali Farrell, FoodForum



Strawberry Mousse

Ingredients: serves 6

- 2 pots Clearspring Apple & Strawberry Purée
- 200g fresh strawberries
- 1 cup pressed apple Juice
- 300g silken tofu
- 1 tbsp tahini*

- 1/2 cup or to taste Clearspring Organic Rice Malt Syrup
- 3 tbsp Clearspring Agar Flakes
- * choose lighter colour tahini if you can

Method

- 1 Place the fruit purée, strawberries, tofu, tahini and rice malt syrup in a blender and blend until smooth.
- 2 Bring the apple juice and agar flakes to a boil in the pan. Simmer gently for 10-15 minutes until the agar flakes have dissolved.
- 3 Pour the apple juice into the blender with the strawberry mixture and blend for a few more seconds.
- 4 Pour the mixture into a mould. Allow to cool and then refrigerate until set.
- 5 Serve with a decoration of your choice - you can add half a strawberry with a mint leaf, a flower petal, chopped nuts, a piece of red fruit etc.

Recipe by Marijke de Coninck

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ORGANIC FRUIT PURÉES 100% ORGANIC FRUIT



NO ADDED SUGAR, COLOURING
OR PRESERVATIVES.

www.clearspring.co.uk

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Discover the full flavour of Clearspring Organic Fruit Purées



- 100% pure organic fruit
- Naturally sweet, no added sugar
- No additives
- One pot = one of your 5-a-day

The origin of our very special purées goes back to the early 90s, when Clearspring's founder Christopher met Gabriele, a food artisan who had recently opened a fruit purée company in the heart of the Italian fruit growing region. Combining Christopher's concern about the widespread use of pesticides in fruit production and Gabriele's passion for ready-to-eat fruit products made from the best ingredients resulted in a very fruitful partnership! Together, they created our delicious and exciting range of organic fruit purées which are suitable for both young and old.

- Handy single serving pot
- Ready to eat
- No need to chill
- A versatile snack & ingredient

Our purées keep fresh without the need for preservatives or refrigeration thanks to the clever packaging and unique production process which was designed by Gabriele himself. The state of the art machinery he uses steam cooks the fresh fruit pulp very quickly and at low temperature under pressure. The pulp doesn't come into contact with air or steam so there is no loss of flavour, colour or nutrients as would normally occur when fruit is cooked. Each single serving pot is bursting with the full flavour of the delicious fruit combinations.



Why not try...



The best fruit without the pesticide

Everyone loves fresh ripe fruit, packed with health and vitality.

In each Clearspring organic fruit purée you will discover a delicious blend of fruits, conveniently captured for your immediate enjoyment and ease of use.

I am committed to encouraging organic and sustainable agriculture, as pesticides may harm people, birds, bees and other wildlife.

Christopher Dawson
Christopher Dawson, Founder

For more recipes:
www.clearspring.co.uk