Strawberry Rhubarb Crumble

Source: Dustin Harder

About the Recipe

117 Calories · 3 g Protein · 3 g Fiber
Dessert

Ingredients

Makes 9 Servings

- 3 cups (384 g) fresh or frozen rhubarb, cut into 1/2-inch chunks
- 3 cups (435 g) fresh or frozen strawberries, hulled and quartered
- 2 tablespoons (16 g) cornstarch
- 2 tablespoons (30 mL) maple syrup
- Juice of 1 lemon
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground cinnamon
- 1 1/2 cups (120 g) rolled oats
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3 tablespoons (45 mL) maple syrup
- 3 tablespoons (45 mL) unsweetened nondairy milk
- 1 teaspoon vanilla extract

Directions

1. Preheat the oven to 375 F. Line an 8-by-8-inch baking dish with parchment paper.

2. To make the filling, place strawberries, rhubarb, and cornstarch in a large bowl and toss to coat the fruit with the cornstarch. Add the maple syrup, lemon juice, vanilla, salt, and cinnamon and stir to combine. Transfer to the prepared baking dish.
3. To make the topping, add the oats, baking powder, sea salt, cinnamon, and nutmeg to a food processor. Pulse until coarse and crumbly. Add maple syrup, milk, and vanilla. Pulse again a couple times, just to combine the ingredients. Keep some texture; do not pulverize into flour.
4. The mixture will be wet. Grab clumps of the mixture with your hand and crumble over the strawberry and rhubarb mixture to cover the top evenly.
5. Bake for about 32-36 minutes or until golden brown and bubbling on the sides. Let cool for 15 minutes before serving.

Nutrition Facts

Per serving:
Calories: 117
Fat: 2 g
    Saturated Fat: 0 g
    % Calories From Fat: 2%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrate: 25 g
Sugar: 10 g
Fiber: 3 g
Sodium: 257 mg
Potassium: 278 mg