



Strawberry Rhubarb Crumble

Ingredients

For the Fruit Layer

- 2 cups fresh bright red rhubarb chopped
- 2 cups fresh strawberries hulled and chopped
- ¼ cup maple syrup or honey
- ½ lemon juiced
- 1 Tablespoon cornstarch
- 1 teaspoon pure vanilla extract
- ½ teaspoon fresh lemon zest

For the Oat Crumble

- ½ cup wheat flour
- 1/3 cup stevia light brown sugar
- ½ cup rolled oats
- 6 Tablespoons olive oil

Instructions

For the Fruit Layer



1. Preheat the oven to 350°F. Grease 4 (6-8 ounce) ramekins with butter or nonstick baking spray.
2. In a large bowl, combine all of the fruit layer ingredients (rhubarb, strawberries, sugar, lemon juice, cornstarch, vanilla extract, and lemon zest). Divide the fruit mixture between the ramekins.

For the Oat Crumble

1. Combine the flour, stevia brown sugar, and oats in a small bowl
2. Add the olive oil and mix to combine.
3. Divide the crumble over the top of each ramekin.



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COOKING FOR WELLNESS



4. Bake for 20-22 minutes, or until the crumble is golden brown and the fruit layer is hot and bubbly.

5. Allow the crisps to cool slightly before serving (about 10 minutes). Top with fresh whipped cream or vanilla ice cream, if desired.

Nutrition Information:

425 calories: 18 gm fat (4.5 saturated) 65 gm carb (6 gm fiber, 32 gm sugar) 5 gm protein



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