

Rhubarb Crumble

A crumble is a dessert of cooked fruit topped with a crumbly mixture of traditionally butter flour and sugar. Sometimes nuts and oats are added to the crumble mixture or it's made using biscuit crumbs, muesli or breadcrumbs.

vegetarian gluten-free dairy-free FODMAP friendly

Serves - 4

Preparation & cooking time – 25 minutes

Ingredients

100g coconut oil (at room temperature)
50g gluten-free plain flour or potato flour
100g gluten free oats*
50g brown sugar
1kg rhubarb
140g Rapadura sugar



Preparation

1. Pre heat oven to 200°C. Rub the coconut oil, flour and oats and brown sugar with your fingers in a large bowl. Alternatively use a food processor with a “stirring function” to mix the ingredients for you. Set mixture aside.
2. Cut washed rhubarb into 2 cm pieces and put into a saucepan with ¼ cup of water and the Rapadura sugar. Over low heat, slowly cook until the sugar dissolves in the juice of the rhubarb, then cover and simmer for 10 minutes, or until tender.
3. Put the rhubarb & its juice into an ovenproof dish. Sprinkle over the crumble mixture and bake for 15 minutes.

Hints

1. If you have coeliac disease we recommend you avoid using the gluten-free oats. Instead increase to 150g of gluten-free flour or potato flour.
2. Make individual serves by using ramekin baking dishes. Decrease cooking time to approximately 10 minutes.
3. Store excess crumble mixture in an air tight container or a zip-lock bag. Keeps in the freezer for up to 6 months or keeps in the fridge for up to 3 months.