

Rhubarb Crumble

I know everyone has their own recipe, and it is old hat, but I love it, and now make without sugar and flour. So this is just a suggestion...be adventurers and make it your own.

My measurements are done by eye!!!

I am using a dish that is approx 2litre size.

The Rhubarb prep:

Pick rhubarb from the garden or someone else's! Wipe clean and chop into 1cm pieces so it cooks easily without having to be precooked. You want enough to come half way up the dish. Place into the dish and add a handful of strawberries if you have them...helps to sweeten the rhubarb. If no strawberries (would not buy them out of season as no flavour) then use a couple of tablespoons of maple, date or coconut syrup. If using stem ginger from a jar you could use the syrup so not to waste it...but if avoiding sugar don't use it. Ground ginger, stem ginger if you have...you could add grated fresh ginger. To taste.

The Crumble:

In a bowl mix together a couple of cups of Gluten free **muesli base** (no nuts or fruit in it); you can vary it by adding some **spelt flakes, porridge oats** (very low gluten in these), porridge oats or any other flakes if gluten is not an issue.

Then add any or all of the following:

Cashew nuts, pecan nuts broken up, sunflower seeds, pumpkin seeds, sesame seeds - a tablespoon of each. Approximately or however much you fancy.

Generous **teaspoon of ground ginger, cinnamon** if you like it.

If you like sweet things add **2 tablespoons of date syrup**...or similar.

Then using the hands mix in **2 heaped tablespoons of coconut oil** (solid). Really mix in well - it should resemble granola.

Spread over the rhubarb, place in oven, temp around 150C and cook for 30 mins or so...maybe longer. Serve with whatever takes your fancy...knowing you are being really healthy!!!! I've recently discovered coconut yogurt...silly price but lovely for a treat.