

Recipe



Strawberry Rhubarb Crisp with Chia Seeds

Yield: 8 Servings

Vegan & Gluten-Free

Ingredients

- 16oz strawberries
- 4 cups rhubarb, chopped into ½ inch thick slices (about 4-5 stalks)
- ½ cup maple syrup
- 4 Tbsp chia seeds
- 2 tsp corn starch
- 2 tsp lemon juice
- 1 tsp vanilla
- Pinch salt

Crumble:

- 1 cup GF rolled oats
- 1 cup almond flour (or sub other flour)
- 3 Tbsp maple syrup
- 1/3 cup melted coconut oil – or olive oil or butter or ghee!
- ½ tsp kosher salt
- ¼ tsp ground cardamom – optional
- ¼ tsp nigella seeds – optional

Nutrition

Per Serving: calories 259; total fat 12g; saturated fat 8g; cholesterol 0mg; sodium 443mg; carbohydrates 35g; dietary fiber 6g; sugar 20g.

Directions

1. Preheat oven 375° F.
2. Wash and quarter the strawberries. If very large, quarter again, so each piece is roughly ½ inch thick. Slice the rhubarb into ½ inch slices. Place both in a bowl and add the maple, chia, cornstarch, lemon juice and vanilla and pinch salt. Stir well. Place in a, greased, 8x8 baking dish or 2-quart baking dish. (The pan in the photo is 5 x 12)
3. To make the crumble, place all ingredients in a medium bowl and mix really well.
4. Lightly drop crumble evenly over the top and do not press down.
5. Place in the oven, uncovered for 40 minutes. If the top is golden and the edges are bubbly, it's time to take it out.
6. Otherwise, continue baking for 5-7 more minutes. Let sit 15 mins before serving.

Source: feastingathome.com/maple-sweetened-strawberry-rhubarb-crisp-chia-seeds-vegan-gluten-free