

Oatmeal Crumble

with Fresh Rhubarb & Raspberries

Serves 6

Ingredients

1 1/2 tbsp instant tapioca
2 tbsp raw sugar
pinch nutmeg
1/2 tsp cinnamon
1/8 tsp allspice
3 cups rhubarb, chopped
2 cups raspberries
1 tsp vanilla

Crumble Topping

1/3 cup pecans, chopped
1/2 cup old fashion large oats
2 tsp ground flax seed
1/2 cup brown sugar
1/3 cup spelt flour
1/2 tsp cinnamon
6 tbsp butter or coconut butter



Directions

1. Preheat the oven to 375F and set the rack to the middle of the oven.
2. In a small bowl, combine the first 6 ingredients for the crumble together, mix together and then using a pastry blender, cut in the butter or coconut butter into the dry mixture until it is the size of peas.
3. In a large bowl, combine the tapioca, sugar, nutmeg, cinnamon & allspice, toss in the fruit, mix to combine and then add the vanilla, carefully stir once more trying not to break up the raspberries.
4. Using a round or square 9" baking dish, pour the fruit mixture into the bottom of it and then top with the crumble mixture. Don't pat the crumble down into the dish, just sprinkle it evenly over the top.
5. Bake for 45 minutes until the fruit starts to bubble around the edges. Let cool and serve with vanilla frozen yogurt. Yummy!!

Love from the ov,

Sara