



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# Strawberry Rhubarb Crisp

YMCA of Northern  
Rock County

**While rhubarb is often used in desserts as if it were a fruit, it's actually a vegetable.  
Here's another great way to get some veggies into your day!**

**Servings: 9**

## Ingredients:

### For the fruit layer:

- 1/4 cup granulated sugar substitute (monk fruit/erythritol blend or stevia/erythritol blend)
- 1 teaspoon xanthan gum (see note below for substitutions)
- 1/8 teaspoon sea salt
- 4 ounces (generous 1/2 cup) hulled and diced fresh strawberries\* (about 1/2 cup)
- 8 ounces diced fresh rhubarb
- 1 tablespoon lemon juice



### For the topping:

- 6 tablespoons super fine almond flour
- 1 tablespoon granulated sugar substitute (monk fruit/erythritol blend or stevia/erythritol blend)
- 1/8 teaspoon baking soda
- Pinch of sea salt
- 1/4 cup butter, cut into chunks
- 6 tablespoons sliced almonds, divided

\*Do not be tempted to increase the strawberries in the recipe, or you'll end up with fruit soup.

## Directions:

For the fruit layer:

1. Preheat oven to 375° Fahrenheit. Whisk sweetener, xanthan gum, and sea salt together in an 8" X 8" baking dish.
2. Stir in strawberries, rhubarb, and lemon juice.
3. Bake in preheated oven for about 30 minutes, or until strawberries and rhubarb begin to get tender. While strawberries and rhubarb are baking, make topping.

### For the topping:

1. In a medium to large mixing bowl, whisk together almond flour, sweetener, baking soda, and sea salt.
2. Cut chunks of butter into dry ingredients using a pastry blender. (You could also melt the butter and stir it in if you don't have a pastry blender.) Stir in 1/4 cup almonds.
3. When strawberries/rhubarb mixture has finished baking, remove from oven. Using your hands, crumble bits of topping mixture evenly over top. Sprinkle remaining 2 tablespoons of almonds on top.
4. Bake for about 18-20 minutes longer or until top is golden brown. Divide into 9 servings. This dessert will need to be scooped out with a spoon or spatula as you would a cobbler.

**Note:** If you don't have xanthan gum you can substitute any of the following: 1 1/2 teaspoon guar gum, or 4 teaspoons unflavored gelatin, or 2 teaspoons cornstarch.

## Nutritional Information:

Calories: 106  
Fat: 9.6g  
Carbs: 4.4g  
Protein: 2.3g

Recipe adapted from: <https://simplysohealthy.com/low-carb-strawberry-rhubarb-crisp/>