
Rhubarb Blueberry Crumble

Topping		Filling	
1 cup	oats (not instant)	2 ½ cups	rhubarb, sliced into ½ inch pieces
¼ cup	honey, maple syrup, or sucanat	2 ½ cups	fresh or frozen blueberries
3 tbsp	ground flax seeds	1/3 cup	honey, maple syrup, or sucanat
3 tbsp	brown rice or whole spelt flour	1 ½ tbsp	arrowroot flour, tapioca, or other thickener
4 tbsp	each, chopped walnuts and pecans	½ tsp	cinnamon
1 tsp	cinnamon		
¼ cup	butter, softened		

Preheat oven to 350°F. To make topping; in a bowl combine oats, sweetener, ground flax seeds, flour, nuts, and cinnamon; mix well. Work in butter with a fork or fingertips until evenly distributed and all the dry ingredients are moistened.

To make filling; in a 6 cup (1.5 L) baking dish, toss together rhubarb, blueberries, sweetener, thickener, and cinnamon. Sprinkle topping evenly over fruit. Bake for 35 to 40 minutes or until fruit is soft and topping is golden brown.

Adapted from Rosie Schwartz, *The Enlightened Eater's Whole Food Guide*, 2003.

Nutritional Value of Select Ingredients

Rhubarb – This plant is actually a vegetable, but the stalks are easily incorporated into desserts with a little sweetener. It is a good source of fibre, calcium, potassium, and phytochemicals.

Blueberries – A king in the nutrition world, these berries contain one of the highest amounts of antioxidants of any fruit or vegetable. A great source of vitamin C and fibre as well, blueberries protect against age-related conditions like Alzheimer's disease, help improve vision, and normalize the bowels.

Oats – A great source of complex carbs, high in protein, and fibre, oats can assist in normalizing blood sugar levels and are good for a sluggish thyroid. Oats are high in tryptophan, iron, and phytochemicals.

Flax seeds – Flax seeds are a great bowel equalizer, and are high in essential fatty acids (EFA's) (when ground or chewed). They are full of anti-cancer lignans and phytoestrogens.

Pecans – Very high in natural fats, these tasty nuts have been shown to help lower LDL cholesterol. They are also high in potassium, vitamin A, and fibre.

Walnuts – Walnuts contain beneficial polyunsaturated fatty acids that are great for the brain and lowering cholesterol. They are high in protein, fibre, minerals, and vitamins.