Recipe: Apple and Rhubarb Crisp

Apple and Rhubarb Crisp

The apple can be substituted with strawberries or other wonderful summer fruits like peaches or apricots.

Makes about 8 servings *Preparation time: 15mins* *Cooking time: 35-40mins*

Ingredients:

Approximately 1 kg of rhubarb, cut into 2-3 cm chunks

6-8 cups of tart apples, peeled and sliced

2-3 tablespoons of lemon juice

¼ cup of white sugar

Topping

1 cup of rolled oats

1 cup of plain flour (can use gluten free flours such as coconut if you wish)

2-3 tablespoons of brown sugar

½ teaspoon – 1 tablespoon of cinnamon

A pinch or two of allspice and nutmeg

¼ teaspoon of salt

5 tablespoons of melted butter

Method:

1. Preheat the oven to 180 degrees.
2. Combine the rhubarb and apples in a large casserole dish and sprinkle with white sugar.
3. Mix the remaining ingredients in a medium sized bowl and then spread over the top of the fruit and firmly press into place.
4. Bake uncovered for 35-40 minutes or until the top is turning lightly brown. The fruit should also be bubbling around the edges.
5. Serve hot, warm or at room temperature with your favourite toppings like ice cream, cream and/or yoghurt.

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