

Grain-free Strawberry Rhubarb Crisp

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

BOTTOM

- 2 cups roughly chopped strawberries
- 2 cups roughly chopped rhubarb
- 1/4 cup coconut sugar
- 1 tsp ground cinnamon

TOPPING

- 2 cups ground nuts (pecans, cashews, hazelnuts)*
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 2 tbsp coconut sugar
- 2-3 tbsp cold butter or coconut oil, crumbled**

Instructions:

1. Preheat oven to 350F degrees. In a large bowl, combine strawberries, rhubarb, coconut sugar and cinnamon.
2. In a separate bowl make the topping. Combine the ground nuts, cinnamon, nutmeg, coconut sugar and butter or coconut oil.
3. Place the fruit mixture into a baking dish. I used a 6 or 7 inch white ceramic round dish. Evenly spread topping across fruit.
4. Bake for 30 to 35 minutes or until the rhubarb is fork tender. Just be careful you don't burn the nuts. If they look like they are getting too crispy, just cover the dish with tin foil.
5. NOTE: Keep in mind rhubarb is very water dense and a lot of water will come out as it cooks. This is normal to have lots of rhubarb/strawberry juice at the bottom of your pan. It tastes lovely when it's all mixed together and you've added a dollop or schlop of ice cream. Enjoy!

Notes:

Serves 4-6 *You can use whatever nuts you have on hand. I tossed three different kinds into my mini food processor and blitzed for 5-10 seconds. **I just cut the butter into crumbly bits but don't worry about perfection here, it's going to melt and mix in to the crisp anyhow.