

Strawberry Rhubarb Crisp

Diabetes Friendly

Serves 6 / Serving Size ~1/2 cup

Ingredients

1.5 cup rhubarb, fresh or frozen, chopped

2 cups strawberries, sliced

1/2 tsp stevia powder, or 1 tsp sugar -----

3 tbsp chia seeds

2 tbsp lemon juice

Topping

1/2 cup walnuts, chopped

1/4 cup oats

1 cup blanched almond, or AP flour -----

1 tsp cinnamon

1/2 tsp stevia powder, or 1 tsp sugar

3 tbsp butter, softened

1 tsp sugar has 4.2 grams carbs

½ cup all-purpose flour has 47.7 grams carbs and <2 g fiber

½ cup almond flour has 5.6 grams carbs and 3 g fiber

| Nutrition Facts | |
|------------------------------|------------|
| Serving size | 1 serving |
| Amount Per Serving | |
| Calories | 270 |
| % Daily Value* | |
| Total Fat 23g | 29% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Polyunsaturated Fat 4.2g | |
| Monounsaturated Fat 2.3g | |
| Cholesterol 15mg | 5% |
| Sodium 0mg | 0% |
| Total Carbohydrate 7g | 3% |
| Dietary Fiber 12g | 43% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 7g | 14% |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0mg | 0% |
| Potassium 219mg | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Preheat the oven to 375F.
2. Chop the rhubarb sticks and slice the strawberries. In an oven proof dish, add the rhubarb, strawberries, chia seeds and lemon juice. Mix well and spread all over the dish.
3. Chop the walnuts. In a small bowl, combine the butter, stevia, cinnamon, almond flour, oat fiber and walnuts. Mix until it resembles a crumble.
4. Place the crumble over the fruit and bake in the oven for 30 minutes.
5. When the topping is browned and juices are bubbling, remove from the oven, let cool for 5 minutes and serve.

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

