

Gluten & Sugar-Free Easy Fruit Crumble

Serves 4-6

Ingredients:

4½ cups fruit (raspberries, blackberries, blueberries, strawberries, peaches or nectarines)

1 tablespoon honey

1½ teaspoons vanilla

Pinch of salt

1 cup old-fashioned oatmeal

¼ cup white sorghum flour or rice flour

¼ cup ground walnuts

4 tablespoons butter

3 tablespoons honey

3 tablespoons water, if needed

Ice cream (optional)

Whipped cream (optional)

You can use any combination of fruit you desire, although good peaches or nectarines will really help to make this special. If nectarines or peaches are a bit under ripe, slice them – if ripe, cut into large berry-sized chunks. Having some tart fruit (some not quite ripe blackberries, for example) really adds to this dish. Strawberries need to be hulled. If small, leave whole, medium ones should be slice in half lengthwise, & large strawberries should be quartered lengthwise.

1. Adjust an oven rack to the lower-middle position and heat the oven to 400°.
2. Gently mix the fruit, granulated sugar, vanilla, and salt. Transfer the mix to a 9” glass or ceramic pie plate or oblong gratin dish.
3. Pulse the oatmeal, flour, nuts in a food processor to mix. Add butter and pulse until you have very coarse crumbs. Add honey and pulse until mixture holds together. Sprinkle the crumbs evenly over the fruit or pinch them into pea-sized lumps and sprinkle those over the fruit.
4. Bake until the crumbs are deep golden brown and the fruit is hot, 15-20 minutes. Let cool on a wire rack for 5 minutes before serving. Serve with vanilla ice cream, topped with whipped cream, if desired (although they aren't sugar-free).

Note: Replacing the butter with margarine also makes this recipe dairy-free.

Based partly (fruit) on a recipe from Cooks Illustrated on-line 8/05