



Strawberry Rhubarb Crisp

SERVES 4

Pillars of Nutrition: Be Sugar Smart & All in for Whole Grains

Filling

- $\frac{1}{3}$ cup **water**
- 1 $\frac{1}{2}$ cups **rhubarb**, diced in $\frac{1}{2}$ inch cubes (about 2 large stalks)
- 1 Tablespoon **flour** (any type)
- 1 teaspoon **cinnamon**
- 1 $\frac{1}{2}$ cups strawberries, sliced

Topping:

- 1 Tablespoon **olive oil**
- 1 cup rolled **oats**
- $\frac{1}{2}$ cup walnuts, chopped
- 4 Tablespoons **apple juice**
- $\frac{1}{3}$ cup **shredded unsweetened coconut**
- $\frac{1}{2}$ teaspoon **cinnamon**
- 1 Tablespoon **butter** at room temperature

Variations to Try

- Fresh berries
- Other dried fruits, such as raisins or cherries
- Other spices, such as “apple pie spice” nutmeg cloves etc
- Try this on greek yogurt

Something to Chew On

- What does it mean to “dice”?
- What does “divided” mean in a recipe?
- What vegetables and fruits should you buy organic?
- Where are most of the vitamins in a strawberry?
- Is rhubarb a fruit or a vegetable?

Filling

1. Dice the **rhubarb and strawberries** into $\frac{1}{2}$ -inch cubes.
2. Combine the **water**, diced **fruit**, **flour**, **cinnamon** and 2 Tablespoons of the **apple juice** in a medium pot.
3. Simmer on medium-low heat approximately 5-8 minutes, stirring occasionally.
4. Add the remaining 2 Tablespoons of **apple juice** and cook for another 5 minutes. Add more juice as needed to prevent drying /sticking until the **rhubarb** is soft. Remove from heat.

Topping: make while the filling is cooking

5. Combine 1 Tablespoon **olive oil**, **walnuts**, and the **oats** in a skillet and stir to combine.
6. Cook over medium heat, stirring constantly until **oats** are toasted.
7. Add the **apple juice** and while stirring, cook for another minute.
8. Lower heat to medium-low and add the **coconut** and the **cinnamon**. Continue to cook for about 5 minutes until light brown. Turn off the heat and add the **butter**. Set this aside until the filling is ready.
9. Spoon filling into 4 bowls, and cover each with topping mixture. Serve warm or at room temperature.

