

Blackberry Crumble



Sirve:

4

Pieza:

Saladmaster Food Processor
8" Chef's Gourmet Skillet

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

It's okay to indulge in dessert on an occasional basis, especially when the star ingredient includes naturally sweet seasonal berries. Berries are low on the glycemic index and a great choice, especially for those with diabetes.

- 2 cups
fresh blackberries
- (1/4
kg)
- 2 tsp
lemon juice, fresh
- (7
ml)
- 1 tbsp
corn starch
- (8
g)
- 1/4 tsp
cinnamon, ground
- (2/3
g)
- pinch nutmeg, ground

Crumble Topping

- 1/4
coconut flour (31 g) 1/2
cup oat flour (62 g) 2
1
- tbsp coconut oil, room temperature (27 g) 1/3
tbsp water (16 g) 1/4
tsp salt (1 g) 1/2
2
- tsp baking powder (2 g) 1/4
tbsp coconut sugar (25 g) 1/4
)
- cup almonds, (34 g)

Preparación

chopped :

1. In a small bowl mix together blackberries, lemon juice, arrow root powder, cinnamon and nutmeg until berries are coated with spices and arrowroot.
2. In another bowl combine crumble ingredients: coconut flour, oat flour, coconut oil, water, salt, baking powder, coconut sugar, chopped almonds and salt. Mix until all ingredients are well combined and mixture has a crumbly texture.
3. Place blackberry mixture in bottom of 8" gourmet skillet spread out so bottom of pan is covered.
4. Spoon crumble mixture on top of blackberries as evenly as possible to cover blackberries.
5. Place lid on skillet and turn heat to medium. When Vapo Valve™ begins to click steadily, turn heat to low and cook for 20 minutes. Turn heat off and let rest for 5 minutes.
6. Remove lid and serve crumble warm or at room temperature.
7. Garnish with fresh mint if desired.

Consejos:

- Substitute blackberries for blueberries, raspberries or a combination.
- Place crumble under broiler for 5-8 minutes at end of cooking for a crispier topping.
- Serve crumble with a spoon of low fat vanilla yogurt.

Información nutricional por ración

Calorías: 268
Grasa Total: 11g
Grasa 7g
Saturada:
Colesterol: 0mg
Sodio: 209mg
Carbohidratos: 38g
Fibra 4g
Dietética:
Azúcar: 11g
Proteína: 5g