

Rhubarb and Berry Crumble

Filling

3.5 cups of rhubarb

1 quart of strawberries

¼ teaspoon of allspice

¼ cup of water

½ teaspoon cinnamon

¼ teaspoon ginger

½ cup of coconut palm sugar

teaspoon of vanilla

dash of sea salt

¼ cup of water (optional)

2 tbsp chia seeds

Add all ingredients except for chia seeds to pot and bring to a boil. Let simmer for 30 minutes to reduce. Remove from heat and stir in chia seeds.

Crust

1 cup medjool dates (10)*

1/8 – ¼ cup water

1 ½ cups walnuts

1 ½ cups shredded coconut

Process walnuts into a meal and then add in dates food processor while it's running. May need to add water to mix. Place mixture in a bowl, add 1 cup coconut and mix well with hands.

*Pit and soak dates if not soft.

Sprinkle ½ cup of coconut into 9" glass baking dish and press crust into dish. Pour filling on top of crust and smooth to distribute it evenly. Place baking dish in freezer to cool for 30 minutes-1 hour. Top with homemade granola or your favourite ice cream!

Homemade Granola Recipe

3 cups rolled oats (not instant)

½ cup raw sunflower seeds

½ cup raw pumpkin seeds

½ cup shredded unsweetened coconut

2 tbsp coconut oil

½ tablespoon cinnamon

½-1 cup maple syrup

1 cup dried fruit (figs/raisins/apricots/currents/berries)

Preheat oven to 325 degrees F (165 degrees C) and place rack in the center of the oven. Line a baking sheet with parchment paper.

Melt coconut oil in oven.

In a large bowl combine all ingredients and make sure mixture is equally coated with syrup.

Spread onto the prepared baking sheet and bake for 40 minutes or until golden brown, stirring every 15 minutes or so to avoid burning. Remove from oven and let cool. Once the granola has completely cooled add dried fruit and store in an airtight container. This will keep for about a week.

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