EASY RHUBARB CRUMBLE

- 90g Rhubarb
- 29g Ground almonds – MORRISONS
- 6g Coconut powder – EAST END or TRS
- 11g Butter
- 22g Double cream - MORRISONS

You will also need 10 – 20g granular sweetener of your choice and some liquid sweetener.

Pre heat oven to 170c / fan 150c / gas 4
Cut the rhubarb in to even pieces and stew in a little water until tender – you don’t want it too wet!
Add some liquid sweetener to taste.
Place in a serving dish and keep warm.
Mix together the ground almonds, coconut powder and granulated sweetener (I used SUKRIN).
Melt the butter and mix in to the dry ingredients.
Place on a small baking tray and cook in pre heated oven for approximately 5 minutes until just beginning to brown.
Sprinkle over the rhubarb and serve with the cream.

Mo’s tip: I found this method good as it keeps the topping nice and crunchy, but if you prefer you can put the crumble mixture on top of the fruit before cooking in the oven.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION