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RHUBARB APPLE CRISP

Makeover of Gramma Simpson's Rhubarb Crisp

Yield: 9 servings

INGREDIENTS

Filling:

- 4 cups rhubarb chopped into 1-inch-thick chunks
- 2 cups apples, peeled and chopped into chunks
- 1 tablespoon ground psyllium powder
- ½ cup honey
- 1 can full fat coconut milk - kept in the fridge for 24 hours before using
- Juice from ½ lemon

Crumble Top:

- 1 cup large flake oats
- 1/3 cup hazelnut flour
- 1 teaspoon cinnamon
- ¼ cup maple syrup
- ¼ cup coconut oil, softened at room temperature or melted

INSTRUCTIONS

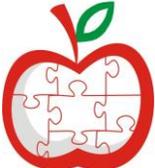
1. Preheat the oven to 450°F.
2. In a large bowl, mix together the rhubarb, apples, psyllium and honey.
3. Make coconut sour cream using the coconut milk and lemon juice. When the coconut milk is kept in the fridge, the fatty portion becomes a solid and the liquid drains to the bottom of the can. Scoop out the solid portion of the coconut milk. Discard the liquid or add it to your next protein shake. Mix the lemon juice into the coconut milk to form "sour cream". Mix the sour cream into the fruit mixture.
4. Pour fruit mixture into an 8" x 8" square baking dish.
5. In a separate bowl, combine all topping ingredients and spread evenly over the fruit mixture.
6. Bake at 450°F for 15 minutes. Then reduce heat to 350°F and bake for another 30 minutes. Serve warm.

COOKS' TIPS & VARIATIONS

1. When doing a makeover, the goal is to create a healthier version of a recipe you currently enjoy or one that brings back happy memories from your past. The goal is NOT to create a recipe that tastes the exact same as the original but rather create a healthy version that tastes delicious and reminds you of the original version.

Nutrition Facts	
9 servings per recipe	
Serving size 1 piece(163g)	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 14g	20%
Saturated Fat 10g	50%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 35g	15%
Dietary Fiber 4g	15%
Sugars 24g	
Includes 0g added sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2mg	10%
Potassium 320mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



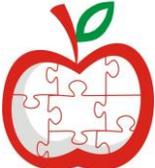
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- Note: The coconut milk used is full fat canned coconut milk, NOT low fat coconut milk or coconut milk in a tetra pak. If possible, purchase cans that are lined to avoid BPA.
- The original recipe is mainly comprised of flour, sugar and dairy – the three ingredients best avoided when looking to eat clean and lose weight. The reasoning behind the substitutions are as follows:

ORIGINAL INGREDIENT	SUBSTITUTION	REASON WHY
Filling:		
6 cups rhubarb	4 cups rhubarb 2 cups apples	Apples are used as a natural sweetener so the total sugar can be reduced.
1 cup white sugar	½ cup honey	Honey is a natural sweetener to replace the refined sugar and cut it in half. If you prefer a sweeter taste, simply increase the amount of honey to ¾ or 1 cup.
1/3 cup flour	1 tablespoon ground psyllium powder	Psyllium works great as a thickener plus adds extra fibre.
1 cup sour cream	Homemade coconut sour cream	The coconut sour cream does not give the recipe a custard texture like the original recipe but the extra fat it contains helps to slow down the rate of sugar into the bloodstream.
Topping:		
1 cup flour	1 cup oats + 1/3 cup hazelnut flour	Hazelnut flour is simply ground hazelnuts. Almond flour could be used instead. Nut flour added to the oats helps to give the oats more of a flour texture.
1 cup brown sugar	¾ cup maple syrup	Maple syrup is a natural sweetener to replace refined sugar. I strive to use the least amount of sugar as possible without sacrificing taste. Increase the amount of maple syrup if you prefer a sweeter taste.
½ cup butter	¾ cup coconut oil	Even without containing cholesterol, coconut oil contains a higher saturated fat content than butter which makes it ideal for baking. Coconut oil also contains more medium chain fatty acids which makes it highly digestible, plus it contains antimicrobial, antibacterial and antifungal properties.



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End Result:		
16g Fat	14g Fat	Fat reduced by 2g
9g Saturated Fat	10g Saturated Fat	Saturated fat increased by 1 g
40 mg Cholesterol	0 mg Cholesterol	Cholesterol reduced to 0g
65g Carbohydrates	35g Carbohydrates	Carbohydrates decreased by almost half
2g Fibre	4g Fibre	Fibre doubled
48g Sugar	24g Sugar	Sugar decreased by almost half
3g Protein	3g Protein	Protein remains the same

- Total fat can be reduced to 9g/serving by omitting the coconut milk; however, I prefer to leave it in. Fat, fibre and protein slow down the rate of sugar into the bloodstream. When you add the total grams of fat (14g), fibre (4g) and protein (3g) together, they total 21g, which almost balances out the 24g of sugar.
- This recipe is best eaten before or after exercise as the body is better able to process and use the sugar.
- I divided it into 9 squares, which would be a typical serving size; however, based on the sugar content, it would be best to cut each one of those pieces in half. The recipe would then make a total of 18 pieces, with each piece containing 17g of carbs and 12g of sugar, which would have less of an impact on blood sugar levels, especially when combined with exercise.

ORIGINAL RECIPE

Filling:

6 cups rhubarb
1 cup white sugar
1/3 cup flour
1 cup sour cream

Topping:

1 cup flour
1 cup brown sugar
½ cup butter

Nutrition Facts	Amount/serving	% Daily Value *	Amount/serving	% Daily Value *	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.
9 servings per recipe	Total Fat 6g	20%	Total Carb 65g	25%	
Serving size 1 piece (185g)	Sat. Fat 9g	45%	Fiber 2g	8%	
	Trans fats .5g		Sugars 48g		
	Cholesterol 40mg	15%	Includes 0g added sugars	0%	
	Sodium 100mg	4%	Protein 3g		
Calories per serving 400	Vitamin D 0mcg 0% · Calcium 120mg 8% · Iron 1mg 8% · Potassium 320mg 8% Thiamin 15% · Riboflavin 15% · Niacin 8%				