

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Rhubarb, Apple 'n Ginger Crisp – Gluten Free or Not

Crisps are like pies without a crust and covered with a delicious crumb topping. To make the topping gluten-free substitute a gluten-free baking mix for the flour. As crisps are perfect for gatherings large and small, here are the amounts for two different sized pans.

One 7 x 9 inch pan 6-9 servings

One 7 x 11 inch pan 9-12 servings

Fruit Filling

3 ½ cups 1-inch pieces rhubarb

4 ¾ cups 1-inch pieces rhubarb

¼ cup light honey (such as clover honey)

6 tablespoons honey

3 ¼ cups ½ -inch peeled, diced apple

4 ½ cups ½-inch peeled, diced apple

2 tablespoons water

3 tablespoons water

1/3 inch piece peeled ginger, minced

½ inch piece peeled ginger, minced

1 teaspoon ground cinnamon

1½ teaspoons ground cinnamon

Crisp Topping

1/3 cup whole wheat pastry flour*

½ cup flour*

½ teaspoon ground cinnamon

¾ teaspoon cinnamon

½ teaspoon ground cardamom

¾ teaspoon cardamom

3 tablespoons light honey

Rounded ¼ cup honey

¼ cup cold butter in ½-inch pieces

6 tablespoons butter in ½-inch pieces

¾ cup old-fashioned rolled oats**

1 1/8 cups rolled oats**

1/3 cup walnuts, lightly toasted

½ cup walnuts, lightly toasted

In a medium bowl, toss the rhubarb with the honey and let sit at room temperature while you prepare and cook the apples.

Place the diced apples into a large pot with the water, minced ginger and cinnamon. Cover the pot and cook over medium heat until the apples are softened though still chunky, about 10 minutes – stirring twice. Combine the apples with the rhubarb and honey mixture and place into your baking dish.

Preheat the oven to 350 degrees.

Prepare the topping: Place the flour, spices and honey into the bowl of a food processor. Use the pulse action to quickly combine the ingredients. Add the butter and pulse a few more times to distribute the butter and keep the mixture very crumbly. Add the toasted walnuts and oats and pulse a few times to combine.

Top the fruit with an even layer of the crisp topping. Place the baking dish on a rimmed cookie sheet to catch any overflow. Bake the smaller-sized pan for about 45 minutes and the larger pan about an hour or more until the topping is golden brown and the filling is bubbly.

Serve hot or at room temperature with a dollop of yoghurt, ice cream or a spoonful of lightly sweetened, whipped cream.

*I have successfully used [Bob's Red Mill All Purpose Gluten-Free Baking Flour](#) to replace the whole wheat pastry flour.

**Not all oats are gluten-free as they may be packaged in a plant that packages other products that contain gluten.

Bob's Red Mill also makes [Gluten Free Rolled Oats](#).