

Berry Crumble

Ingredients

Crust

1/2 cup baking blend

1/2 cup xes sweetener or gentle sweet

1 tsp black strap molasses

1/2 teaspoon ground cinnamon

1 pinch of mineral salt

1/2 cup oats

6 tablespoons cold butter, cut into small pieces

Filling

4 cups mixed berries (frozen or fresh, I used frozen)

1/2 cup xes sweetener or gentle sweet

1 tablespoon oat fiber

1 tsp glucomannan whisked into 2 TBSP of water (For little jobs like this I highly recommend a frother like this one. I love this little tool!)

Equipment: 6 (6-ounce) ramekins or 8×8 square pan (Directions for making a 9×13 pan below)

Directions

Preheat oven to 350 degrees F.

In a large bowl combine baking blend, gentle sweet, molasses, cinnamon, salt, and oats. Using a food processor, pastry blender, a fork, or your hands cut in butter. Keep cold until ready to use. I used a food processor and blended

everything but the oats together. Then I added the oats and pulsed them a few times so they were not totally broken up.

In a small bowl whisk together the sweetener and oat fiber to combine.

In a large bowl toss the berries with the sweetener/oat fiber mixture. Evenly divide the fruit mixture between the 6 ramekins or pour into 8×8 baker.

Pour the water/glucomannan mixture over the berry mixture. Top with crumble topping.

Bake until the top is golden and the fruit is bubbly, about 35 minutes. Serve warm.

Changes to Make a 9×13 Pan of Berry Crumble

Normally I would suggest just doubling the recipe, but while you can just double the filling in this recipe, doubling the crust would be too much, so here is the way to make a bigger pan. (And you're probably going to want to!)

Ingredients

Crust

3/4 cup baking blend

2/4 cup xes sweetener or gentle sweet

1.5 tsp black strap molasses

1 teaspoon ground cinnamon

2 pinches of mineral salt

3/4 cup oats

8 tablespoons cold butter, cut into small pieces

Filling

8 cups mixed berries

1 cup xes sweetener or gentle sweet

2 tablespoons oat fiber

2 tsp glucomannan whisked into 1/4 cup of water (For little jobs like this I highly recommend a frother like this one. I love this little tool!)

The directions remain entirely the same.