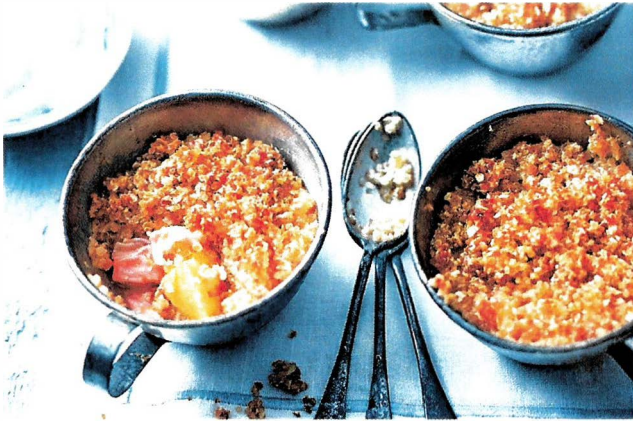


Fruity quinoa crumble recipe



This gluten-free twist on a classic crumble recipe is filled with tart rhubarb and sweet apple, then topped with a crunchy quinoa and oat mixture. Little hands can even help make the crumble, too.

Serves 6

40 mins

238 calories / serving

Ingredients

- 400g rhubarb, cut into 5cm chunks
- 2 apples, peeled and cut into chunks
- 4 tbsp maple syrup
- 1 orange, zested and half juiced
- 1 tsp ground cinnamon
- 1 x 250g pouch ready-to-eat quinoa
- 75g free from oats
- 50g butter chilled and rated

IF YOU DON'T HAVE ANY APPLES, TRY USING PEARS

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1000kJ 238kcal	11g	5g	10g	0.3g
12%	15%	13%	11%	6%

of the reference intake
Carbohydrate 32.4g Protein 4.8g Fibre 5g

Method

- Preheat the oven to gas 4, 180°C. fan 160°C. In a bowl, mix the fruit with 2 tbsp maple syrup, the orange zest and juice, and ½ tsp cinnamon; toss. Divide between 6 baking dishes.
- In a separate bowl, mix the quinoa, oats and butter until clumps form. Stir in the remaining maple syrup and spoon on top of the fruit in each baking dish.

Bake for 25-30 mins, until the crumble is golden on top.

Tip: If rhubarb isn't in season, you can substitute with frozen berries.