

Blueberry Crumble in the Microwave



This quick microwave blueberry crumble is the perfect treat after a workout or as a weeknight dessert. Rich in fibre and antioxidants, it supports digestive health and helps maintain healthy cholesterol levels.

As a dietitian, I love suggesting simple, nourishing desserts like this one—especially for those looking to take care of their heart. For more heart-healthy tips or personalized support, don't hesitate to [book a consultation with a dietitian specializing in cholesterol management](#).

Preparation 5 min
Cooking 3 min
Servings 1
Nutrition Facts (per serving)
Calories 445
Fat 14
Carbohydrates 60
Fibre 10
Protein 20
Sodium 70

Ingredients

- 250 ml (1 cup) blueberries, fresh or frozen
- 5 ml (1 tsp) brown sugar

- 2.5 ml (½ tsp) cornstarch
- 60 ml (¼ cup) quick oats
- 30 ml (2 tbsp) almond flour (or vanilla protein powder)
- 30 ml (2 tbsp) textured vegetable protein (TVP)
- 15 ml (1 tbsp) hemp seeds (or chia seeds)
- 15 ml (1 tbsp) brown sugar
- 1 egg white (or 30 ml (2 tbsp) egg whites)
- 15 ml (1 tbsp) 1% milk
- 2.5 ml (½ tsp) cinnamon, optional

Preparation

1. In a microwave-safe bowl*, mix the blueberries, brown sugar, and cornstarch. Microwave for 45 seconds.
2. Meanwhile, in another bowl, combine the remaining ingredients and mix well. Add the topping mixture over the blueberries and return to the microwave for 1 minute. Check for doneness and add an additional 20-30 seconds if needed.
3. Let cool before serving.

Notes

Keeps for 3 days in an airtight container in the refrigerator.

*Use a larger bowl for cooking to prevent blueberries from overflowing during cooking. If substituting almond flour with vanilla protein powder, reduce the amount of maple syrup to 7.5 ml (½ tbsp).



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