

Maple Rhubarb Crisp



This crisp recipe showcases rhubarb and maple syrup, two iconic ingredients from our local heritage. With oats, TVP, and [chia seeds](#), it's rich in fibre and plant-based protein, making it both nourishing and satisfying. Perfect as a filling snack or a quick dessert that doesn't compromise on taste, just the kind of option our dietitians prefer.

Preparation 10 min

Cooking 35 min

Servings 6

Nutrition Facts (per serving)

Calories 185

Fat 6

Carbohydrates 24

Fibre 5

Protein 8

Sodium 50

Ingredients

- 750 ml (3 cups) rhubarb, cut into 1 cm (½ in.) pieces
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) chia seeds

Crumble

- 250 ml (1 cup) large flake oats
- 80 ml (? cup) textured vegetable protein (TVP)*
- 80 ml (? cup) almond flour (or coconut flour)
- 45 ml (3 tbsp) maple syrup
- 1 pinch salt
- 1 large egg
- 15 ml (1 tbsp) sesame butter (tahini)*
- 5 ml (1 tsp) vanilla extract

Preparation

1. Preheat the oven to 350 °F (180 °C).
2. In a 20 cm (8 in.) round or square baking dish, combine the rhubarb, maple brown sugar, and chia seeds. Set aside.
3. In a large bowl, mix the oats, TVP, almond flour, maple brown sugar, and salt.
4. Add the egg, tahini, and vanilla extract. Mix until the texture is uniform and crumbly.
5. Spread the crumble mixture evenly over the rhubarb.
6. Bake for 35 minutes, or until the filling is bubbling, and the top is golden brown.
7. Let cool for 10 minutes before serving with a spoonful of vanilla yogurt.

Notes

Keeps for 5 days in the refrigerator or 3 months in the freezer.

*For a low-FODMAP version, replace the TVP with the same amount of oats. Sesame butter can be substituted with any low-FODMAP nut butter, such as peanut or almond butter.



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