

# Low-Carb Strawberry & Rhubarb Crumble

Hands-on 20 minutes Overall 1 hour

**Nutritional values (per serving, about 1/2 cup):** Total carbs: 7.2 g, Fiber: 3.3 g,

**Net carbs: 3.8 g,** Protein: 4.9 g, Fat: 14.6 g, Calories: 170 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 12 servings)

### Fruit layer:

- 2 cups strawberries, sliced, fresh or frozen (300 g/ 10.6 oz)
- 3 large rhubarb stalks, sliced (300 g/ 10.6 oz)
- 1/4 cup [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 15-20 drops [Stevia](#) extract or other healthy [low-carb sweetener](#) from this list
- 2 tbsp ground [chia seeds](#) (16 g/ 0.6 oz)
- 1/2 tsp [cinnamon](#)

### Crumble / Crisp:

- 1 cup ground [macadamia nuts](#) ( 100 g/ 3.5 oz)
- 1/4 cup whole [macadamia nuts](#) ( 25 g/ 1 oz)
- 1/2 cup [almond flour](#) (50 g/ 1.8 oz)
- 1/4 cup [pecans](#) or [walnuts](#), chopped (25 g/ 0.9 oz)
- 1/4 cup [shredded coconut](#), desiccated (20 g/ 0.7 oz)
- 1/4 cup vanilla or plain whey protein or egg white protein powder ([Jay Robb](#)) or plant-based such as [NuZest](#) (25 g/ 0.9 oz)
- 1 large egg white, free-range or organic
- 1/4 cup [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 10-15 drops [Stevia](#) extract or other healthy [low-carb sweetener](#) from this list
- seeds from 1 [vanilla bean](#) or 2 tsp sugar-free [vanilla extract](#)
- 1/2 tsp [cinnamon](#)
- 2 tbsp butter or virgin [coconut oil](#) (28 g/ 1 oz)
- 1/4 tsp sea salt

## Instructions

1. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Slice the strawberries and rhubarb.
2. Place the strawberries and rhubarb into a baking dish. Add

Erythritol, stevia and cinnamon and mix well. Place in the oven and bake for about 30 minutes. Mix once or twice to prevent burning.

3. When done, set aside. **Keep the oven on but reduce the temperature to 150 °C/ 300 °F (fan assisted), or 170 °C/ 340 °F (conventional).**
4. Add ground chia seeds and mix well. *To grind the chia seeds, you can use a blender or coffee grinder.*
5. Meanwhile, prepare the crumble. Grind the macadamia nuts.
6. Chop the pecans (or walnuts) and the whole macadamia nuts into smaller pieces.
7. Mix all the dry ingredients in a bowl (ground macadamia nuts, chopped macadamias and pecans, almond flour, whey protein, desiccated coconut and salt).
8. Add melted butter (or coconut oil), egg white, vanilla extract and stevia. *You can use [berry](#), [vanilla](#) or [clear stevia](#).*
9. Mix everything until well combined.
10. Crumble using your hands and place on a baking tray lined with baking paper and transfer into the oven. Cook for about 20 minutes at 150 °C/ 300 °F. Make sure the batter is distributed evenly all over the tray.
11. When done, remove from the oven and set aside to cool down.
12. Top the fruit mixture with the crumble evenly and set aside.
13. Serve immediately or store in the fridge. Enjoy! Serve with a dollop of soured cream or full-fat yogurt.

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