

Low-Carb Strawberry Ginger Crumble

Hands-on 10 minutes Overall 45 minutes

Nutritional values (per serving, about 85 g/ 3 oz): Total carbs: 11.2 g, Fiber: 4.5 g,

Net carbs: 6.7 g, Protein: 5.2 g, Fat: 19.7 g, Calories: 230 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 8 servings)

Strawberry ginger base:

550 g fresh or frozen and thawed strawberries, halved (1.2 lb)

2 tbsp finely chopped or grated ginger (20 g/ 0.7 oz) or 1/2 - 1 tsp ginger powder

3 tbsp unsalted butter, ghee or coconut oil (45 g/ 1.6 oz)

1/4 cup granulated low-carb sweetener such as Erythritol, Swerve or Sukrin Gold (50 g/ 1.8 oz)

1 tsp cinnamon

1/2 tsp vanilla powder or 1-2 tsp sugar-free vanilla extract

3 tbsp chia seeds (24 g/ 0.9 oz)

Topping:

1 1/2 cups almond flour (150 g/ 5.3 oz)

3 tbsp granulated low-carb sweetener such as Sukrin Gold, Erythritol or Swerve (30 g/ 1.1 oz)

3 tbsp unsalted butter, ghee or coconut oil (45 g/ 1.6 oz)

pinch of sea salt

Optional: whipped cream, sour cream or coconut cream to serve

Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Hull and halve the strawberries, peel and finely chop (or grate) the ginger.
2. Place in a baking dish (I use a round 24 cm/ 9 1/2 inch baking dish) together with the 3 tbsp of butter (or coconut oil), 1/4 cup sweetener, vanilla and cinnamon.
3. Toss to combine and place in the preheated oven. Bake for 15 minutes mixing half way.
4. Remove the dish from the oven. Sprinkle the chia seeds over the baked strawberries and mix to combine. Set aside while you prepare the crumble topping, and leave to soak for 10 to 15

minutes.

5. Meanwhile, prepare the crumble by placing all of the ingredients in a bowl: almond flour, 3 tbsp butter (or coconut oil) and the remaining sweetener. Using your hand, combine until you get a thick dough.
6. After 10 to 15 minutes, the strawberry sauce will thicken.
7. Crumble the topping all over the strawberries and place back in the oven. Bake for 8 to 10 minutes, or until the crumble topping is lightly golden.
8. Remove from the oven, place on a cooling rack and let it rest for 10 to 15 minutes before serving.
9. Serve with a dollop of full-fat yogurt, mascarpone, whipped cream, sour cream, clotted cream, coconut yogurt or coconut cream. Once cool, store in the fridge for up to 5 days.

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