

Blueberry Lemon Crumble

By Lois Scribner, Canterbury Center Bed & Breakfast, Canterbury, NH (March 9, 2019)

Based on a recipe I read in the New York Times several years ago, this recipe is super flexible, healthy and delicious. It is nutritious, low in sugar, high in fiber, and absolutely lovely with yogurt at breakfast.

It can be made in a small quantity or large. The crisp topping can be made well in advance and kept air tight in the refrigerator. The blueberry lemon crumble, large or small, can be made the night before and kept covered overnight, then baked the next morning.

Essentially it is a question of having blueberries melt with lemon zest and juice and other fruits if you please, baked with a crisp topping. One can individualize this to suit different tastes. We make a gluten free version but that is not essential.

We make the crumble using just blueberries when they are most available. We have added apples in the fall, or raspberries, or pears. Any combination has worked. Ceramic dishes work best.

Crumble Topping

- 4 oz butter
- 2 oz brown sugar
- 4 oz brown rice flour
- 4-6 oz oats (the 1-minute kind or the original)

Mix all the above using a pastry cutter so that it looks like buttery crumbs. Keep in a zip-lock bag till needed.

Fruit layer

Blueberries

Add raspberries, sliced apple, pear, or any other fruit desired so that the fruit is at least 1 ½ inches in depth.

Zest and juice of one lemon

Simply zest the lemon rind over the fruit - pour over the juice - cover with the crumble topping. Put a layer of silver foil over the dish and bake for an hour at 350° degrees. Turn oven off and leave for a further 5-10 minutes, be sure the fruit has bubbled and softened and the topping is melted into it.

Cool enough to serve with cream, or yogurt or milk product of choice.

