

Quick Berry Crumbles à la Mode

SERVES: 6 • SERVING SIZE: 1 crumble + 1/4 cup ice cream • PREP TIME: 20 minutes • COOK TIME: 14–20 minutes

6 cups fresh mixed berries
1 1/2 tablespoons plus 1/2 tablespoon zero calorie natural sweetener, divided
2 tablespoons plus 2 tablespoons whole grain oat flour, divided
30 grams (about 1/3 cup) stevia sweetened natural vanilla protein powder
1/2 teaspoon ground cinnamon
1 1/2 tablespoons vegan butter (from a stick, not a tub)
1 1/2 cups high protein, low calorie, stevia sweetened vanilla ice cream (preferably natural)

1 Preheat the oven to 400°F.

2 In a medium mixing bowl, stir together the berries, 1 ½ tablespoons of the sweetener, and 2 tablespoons of flour until well combined. Spoon the mixed berries evenly (about 3/4 cup in each) among 6 ramekins (4 1/2 inches in diameter; 1–1 1/2 cups capacity). Place the ramekins on a baking sheet large enough to hold them in a single layer so they sit flat.

3 Add the remaining 2 tablespoons of flour, the protein powder, the remaining 1/2 tablespoon of sweetener, the cinnamon, and the vegan butter to a small mixing bowl. Using a fork or pastry blender, stir the flour mixture together to create a crumble. Divide the crumble evenly over the top of the fruit in the ramekins (about 1 1/2 tablespoons per ramekin).

4 Bake until the crumble is golden on top and the berries are hot throughout, about 14–20 minutes. Let the crumbles cool for 3 minutes. Top each with 1/4 cup of ice cream to enjoy immediately. Cover any remaining crumbles with plastic wrap and store them in the refrigerator for up to 3 days. Reheat them in the oven then top them with ice cream just before enjoying.

Cook's Notes

- I've made these crumbles with many variations of berries—usually whichever are freshest, most plentiful, and, thus, often on sale. As a default, I'll use 2 cups of blueberries, 2 cups of strawberries, and 2 cups of raspberries. If using strawberries, they will need to be trimmed and chopped to be about the size of the blueberries and raspberries for best results.
- Make sure to use gluten free oat flour if you're gluten intolerant or serving this dessert to guests who are.
- Make sure you use a protein powder that doesn't have an aftertaste.

CHOICES/EXCHANGES

1 fruit, 1/2 carbohydrate, 1 lean protein, 1/2 fat

PER SERVING

150 calories
4.5 g fat
1.3 g saturated fat
0 g trans fat
20 mg cholesterol

85 mg sodium
290 mg potassium
25 g carbohydrate
7 g fiber
12 g sugars
8 g protein
110 mg phosphorus