

Summer Strawberry Crisp

Culinary Medicine, Nutrition Services

Yield: 8-10 servings

Equipment: cutting board, knife, 11x7 glass baking dish, prep bowls, spoons, knives or pastry cutter

Ingredients

4 to 6 cups strawberries, cut in half	½ cup white whole wheat flour
2 tablespoons maple syrup	¼ cup cold butter
2 tablespoons arrow root powder or corn starch	¼ cup brown sugar
½ teaspoon ground nutmeg	½ cup old-fashioned oats
½ teaspoon vanilla extract	½ teaspoon ground cinnamon
	¼ teaspoon salt
	Optional Toppings: chopped almonds or pecans, whipped cream, ice cream

Instructions

1. Heat oven to 375°F. Grease a 11x7-inch (2-quart) glass baking dish with butter.
2. In medium bowl, toss strawberries, maple syrup, tapioca, nutmeg and vanilla. Spoon into baking dish.
3. In separate medium bowl, mix flour, the oats, brown sugar, salt and cinnamon. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse meal. Sprinkle over berry mixture.
4. Bake 40 minutes or until topping filling is bubbly and is golden.



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Why We Like This Recipe

The mix of sweet strawberries, aromatic vanilla, and warm spices like nutmeg and cinnamon creates a delightful and comforting flavor profile.

Chef's Notes:

- When making the crumble topping, ensure the butter is cold. This helps create a crumbly texture rather than a doughy one. You can cut the butter into small cubes and mix it with the dry ingredients using a pastry cutter or your fingers until it resembles coarse crumbs.

Nutrition Notes:

- This recipe uses natural sweeteners like maple syrup and strawberries without too much added sugar. The oats and whole wheat flour provide fiber, which helps with digestion and keeps you feeling full longer.

Gardener's Notes:

- Grow your own strawberries! They thrive in well-drained soil with plenty of sunlight. Plant them in early spring, and you'll have fresh, juicy strawberries by summer. Homegrown strawberries can be sweeter and more flavorful than store-bought ones, making your crumble even more delicious.



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