



MAY 18, 2011

## Strawberry Rhubarb Crisp

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The perfect ending to a meal is a homemade warm fruit crisp topped with a dab of whipped cream. Spring rhubarb and strawberries are the perfect combination of sweet and tart and work so well together for this comforting dessert.

Since making [Strawberry Rhubarb Compote](#) a few weeks back I've been craving some type of Strawberry Rhubarb cobbler or crisp and the latter won. I can't pass up rhubarb whenever I see it in the farmer's market and lately it's been showing up more frequently in my local supermarket.

I've yet to figure out how to make a low fat whipped cream from scratch, but I found this all natural whipped topping at my organic market called [truwhip](#), with no high fructose corn syrup, no hydrogenated oil, and it's delicious! Their website has a [store finder](#) to locate it at a store near you.

If whipped cream is not your thing, I also LOVE eating this with a scoop of [frozen yogurt](#), yum!!

### Strawberry Rhubarb Crisp

*Gina's Weight Watcher Recipes*

**Servings:** 8 • **Serving Size:** 1/8th • **Old Points:** 4 pts • **Points+:** 6

**Calories:** 219.1 • **Fat:** 7 g • **Protein:** 3 g • **Carb:** 38.4 g • **Fiber:** 3.8 g • **Sugar:** 23.9 g

**Sodium** 2.8 mg

#### Filling:

- 1 lb strawberries, hulled and quartered
- 1 lb rhubarb stalks (about 5 or 6) cut into 1 inch pieces
- 1/2 orange, zested and juiced

- 1 tbsp cornstarch
- 1/4 cup agave nectar (honey or sugar would work)

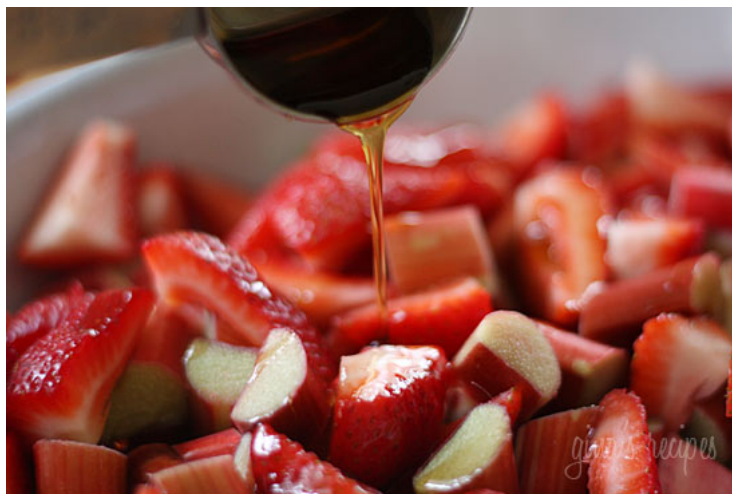
Topping:

- 1 cup Quaker quick oats
- 1/2 cup 100% white whole wheat flour
- 1/2 cup light brown sugar, not packed
- 1/2 tsp cinnamon
- 1/4 cup butter, melted

Heat oven to 375 degrees. **Combine** strawberries and rhubarb in an oven safe dish.



Add agave nectar...



Then orange juice and orange zest; **sprinkle** with cornstarch and **toss** until fruit is well



Mix remaining ingredients for the topping in a medium bowl then **spread** over fruit.



**Bake** until topping is golden brown and fruit is bubbling, about 40 minutes.



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**Serve** with a scoop of fat free frozen yogurt or a dallop of whipped cream and enjoy!!