

Pear Blueberry Quinoa Crumble

Gluten-free adaption of a recipe courtesy of Louise Keats at www.louisekeats.com

2 large mixing bowls
vegetable peeler
chopping board and knife
measuring spoons
deep pie plate
kitchen scales
mixing spoon

1. **Preheat** oven to 175°C (350°F).

2. In one large bowl, **toss together**

3 **large ripe pears**, peeled, cored and diced
1 cup **fresh blueberries**
1 TBS **rapadura sugar**

3. **Pour** the mixture into the pie plate and set aside.

4. In the other large bowl, **stir together**

1 cup **rolled quinoa or quinoa flakes**
½ cup **almond meal**
½ cup **brown rice or millet flour**
¼ cup **desiccated coconut**
2 TBS **rapadura sugar**
½ tsp **ground cinnamon**

5. Using your fingers, **rub** into the dry mixture until crumbly

100 g (3½ oz) **butter**, diced

6. Evenly **sprinkle** this crumble mixture over the fruit mixture.

7. **Bake** for 20 minutes or until the crumble is golden and the fruit is tender.

8. **Serve** warm with

yoghurt or cream (optional)
extra sprinkle of **cinnamon**

