AMERICAN · DESSERT

Keto Rhubarb Crisp with Pecan Crumble Topping

70 min · Makes 9 × 1 serve (1/9 of the dish) · 162 kcal a portion

Video 6:07 · All Day I Dream About Food

Vegetarian · Gluten-free ingredients

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Tart rhubarb sweetened with erythritol under a separately baked almond, coconut and pecan crumble: about 4 g net carbs a serve.

Diet notes: Keto (3.8 g net carbs a serve).

Ingredients 10 · MAKES 9 × 1 SERVE (1/9 OF THE DISH)

- [ ] 75 g **almond flour**
- [ ] 20 g **unsweetened shredded coconut**
- [ ] 25 g chopped **pecans**
- [ ] 65 g brown Swerve (erythritol) sweetener, for the topping
- [ ] ½ tsp **ground cinnamon**
- [ ] ¼ tsp **salt**
- [ ] 5 tbsp **chilled butter**, cut into small pieces
- [ ] 900 g **rhubarb**, chopped about 1 cm thick
- [ ] 65 g powdered Swerve (erythritol) sweetener, for the filling
- [ ] ¾ tsp glucomannan (konjac) powder, or xanthan gum

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Tree nuts, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 150°C. Pulse the almond flour, coconut, pecans, brown sweetener, cinnamon and salt in a food processor a few times. 0:58
2. Scatter the small pieces of chilled butter over the top and pulse until it looks like coarse crumbs (or cut the butter in by hand with a pastry cutter). 1:33
3. Spread the crumbs over a large rimmed baking sheet lined with baking paper, cover with a second sheet and press down firmly with your hands or a rolling pin so it sticks together. Peel off the top paper. 2:07
4. Bake the topping 20–25 minutes, until golden at the edges. Let it cool completely; it is soft at first and crisps as it cools. 2:38
5. Chop the rhubarb about 1 cm thick and put it straight into a 2-litre glass or ceramic baking dish. Stir in the powdered sweetener and glucomannan. 3:00
6. Turn the oven up to 175°C, cover the dish with foil and bake 30–35 minutes, until the rhubarb is soft, tender and a little bubbly. 3:53
7. Break the crisp topping into pieces with your hands and scatter it over the warm rhubarb. 4:18

> **Tip** Baking the topping on its own keeps it crisp. Use only the rhubarb stalks (the leaves are poisonous) and a non-reactive glass or ceramic dish. Leftover topping is good on yoghurt; serve warm with whipped cream or keto ice cream.

The method is a summary in our words — the video shows every step.

One portion, 1 serve (1/9 of the dish), gives you 1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
162 kcal	3.2 g	7.6 g	3.7 g	14 g	80 mg
680 kJ	6% of a day	3.8 g net · 1.8 g sugars	13% of a day	5.8 g saturated	3% of a day
		3% of a day		18% of a day	

Energy from net carbs 10% · protein 8% · fat 82% — fits keto: 3.8 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Vitamin K 25%

Source of (10–19%) Vitamin E 18% · Magnesium 10%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=PdEqSKsMmeE, published 4 May 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-rhubarb-crisp-pecan-topping