



BERRY BUCKWHEAT & HAZELNUT CRUMBLE WITH FRESH MINT



VEG, GF, RSF



50 mins



6



Ingredients

Berry Mix

- 500g fresh or frozen blackberries
- 2 250g punnets fresh strawberries
- 1 small bunch of fresh mint
- 3 tbs rice malt syrup

Crumble

- 2 cups buckwheat flour
- 1 ¾ cups roughly chopped hazelnuts
- 125g cold butter, chopped into small cubes
- ¼ cup coconut sugar
- ½ cup rice malt syrup
- 1 tsp baking powder
- 1 tbs vanilla powder
- Large pinch of sea salt
- Fresh cream to serve



Method

1. Pre-heat your oven to 180 degrees celsius.
2. Slice the strawberries and mix them in a bowl with the blackberries, rice malt syrup, vanilla, a few fresh mint leaves and set aside.
3. Mix the buckwheat flour in a bowl with the coconut sugar, vanilla, sea salt and rice malt syrup.
4. Add the chopped butter into the flour mixture and mix in with your fingertips to create a crumbly texture.
5. Add the chopped hazelnuts to the mixture and stir to combine.
6. Place the berry mix into a baking dish then sprinkle the crumble mixture on top.
7. Pop the dish into your pre-heated oven and bake for 30 minutes.
8. Once cooked, take the crumble from the oven and let it cool for 5 minutes.
9. Serve with freshly torn mint leaves and fresh cream.

* You could also swap the butter for coconut oil and serve with coconut yogurt

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