

Holiday Recipes

Crunchy Rhubarb Crisp

Ingredients:

- 10 Cups Rhubarb, cubed
- 2 Tsp Cinnamon (optional)
- 2 Tsp Pure Vanilla
- 6 Tbsp Ideal Protein Maple Flavoured Syrup
- 2 Packets Ideal Protein Oatmeal
- 4 Tbsp Apple Butter Spread, Phase 1 approved (optional)
- 2 oz Water

Directions:

Place cubed chayote in a small bowl, microwave 3 minutes on high. Heat a medium frying pan over medium heat. Add all ingredients. Stir fry the faux apples until they start to brown and soften, about 10 mins. Turn burner to low (add more water if necessary), cover and let sit for 5 minutes. Turn off burner and cool. Place the caramel fried apples in container and refrigerate until ready to use.

In a hot non-stick pan, mix together rhubarb, cinnamon and vanilla; let cook at medium-high heat. When the mixture begins to reach a soft consistency, add maple-flavoured syrup and remove from heat. In a bowl, add packets of Ideal Protein Oatmeal and water. Make sure that you are slowly adding in the water and that you do not add too much (thick consistency). Once the mixture is ready, pour into four small, oven safe, bowls. If desired, place 1 Tbsp of apple butter in the center of each bowl. Then place the oatmeal crumble on top. Place in the oven at 400 degrees for 10 minutes or until oatmeal is browned.