

Plum Crumble

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

Nutritional Bonus: You wouldn't know from their sweet flavor, but plums are a good source of dietary fiber. While leafy greens are a known source of vitamin K, you may be surprised to find that purple powerhouse plums also contain the heart-protecting nutrient, which may help reduce your risk of Alzheimer's disease.

TIP: Instead of using a pastry blender to mix the crust, try using 2 butter knives: Cross the knives, 1 in each hand, and slice them away from each other in a rapid motion until the buttery spread is reduced to pea-sized balls. Then use your fingers to rub the mixture together, making small crumbs.

INSTRUCTIONS:

ONE: Preheat oven to 375°F. Place plums in an 8 x 8-inch baking dish. Drizzle with lemon juice, vanilla, honey and 1 tbsp flour; toss to coat.

TWO: In a medium bowl, combine remaining flour, oats, cane juice, buttery spread and cinnamon; blend with a pastry blender or 2 butter knives until crumbly. Spread mixture evenly over plums. Bake on middle rack in oven until golden on top, about 20 to 25 minutes.

THREE: Remove from oven and let cool slightly. Divide evenly among 6 serving dishes. Top each with 1 tsp yogurt, if desired.

FOLD LINE

visit cleaneating.com

Clean Eating
magazine

Clean Eating
magazine

PLUM CRUMBLE

Serves 6. Hands-on time: 15 minutes. Total time: 35 minutes.



INGREDIENTS:

- 4 large plums, pitted and sliced
- Juice ½ lemon
- ½ tsp pure vanilla extract
- 2 tsp raw honey
- ½ cup spelt flour, divided
- ½ cup old-fashioned rolled oats
- 3 tbsp organic evaporated cane juice

- 2 tbsp olive oil buttery spread (**TRY:** Earth Balance Buttery Spread with Olive Oil)
- ½ tsp ground cinnamon
- 6 tsp nonfat plain Greek yogurt, optional

TIP: Choose plums that are soft to the touch. If your plums aren't quite ripe, place them in a paper bag and leave them on your counter for 1 day.

Nutrients per 3-oz serving: Calories: 156, Total Fat: 5 g, Sat. Fat: 1 g, Carbs: 25 g, Fiber: 2 g, Sugars: 12 g, Protein: 3 g, Sodium: 41 mg, Cholesterol: 0 mg