

## Fruit Sweetened Rhubarb Crumble

A completely fruit sweetened and no added fat desert.

- 2 cups chopped dates
- 3 cups chopped rhubarb
- enough orange juice or water to 2/3 cover fruit

### Topping:

- ½ cup ground sunflower seeds
- ½ cup whole wheat flour
- ½ cup rolled oats
- concentrated apple or pear juice

Spread the dates and rhubarb in a pan. Pour over the orange juice or water.

Mix the ground sunflower seeds, whole wheat flour and rolled oats together. Add enough concentrated apple or pear juice to make it crumbly, then spread the crumble mixture over the fruit.

Cook in a moderate oven for ½ hour, or more if needed.