

Feijoa Crumble

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About this recipe: The feijoa shrub is common in the Southeastern US and New Zealand gardens. The fruit is ready when it falls off the tree. It is enjoyed by all ages, especially children due to its sweet flavor and ease of harvest. It is typically consumed by cutting the fruit in half and scooping out the pulp.

This recipe is a modified traditional comfort food in New Zealand and Southern USA. A popular dish is mixing stewed feijoa with sugar then topping with ice cream. This crumble has a unique taste and texture provided by the feijoa. Feijoa is also known as pineapple guava since its flavor is similar to those fruits. The fruit is easily grown in the southeastern USA and can be found at parks and gardens.

Can help with side effects: Nausea, sore mouth and throat, taste changes, and unintentional weight loss

Servings: 8

Serving Size: 1/8 recipe

Ingredients:

Filling

- 2 lbs feijoa, peeled and chopped
- 1 lb granny smith apples, peeled, cored, and diced
- ½ cup sugar (any)
- 1 Tbsp. lemon juice
- 2 Tbsp. flour or cornstarch
- 2 tsp. cinnamon
- 1 tsp. ginger (optional)
- ½ tsp. cardamon (optional)

Topping

- 1 ¼ oats
- 1 cup flour
- ½ cup brown sugar
- ½ tsp salt
- ½ cup butter
- 1 cup walnuts or pecans, unsalted, chopped (optional)

Optional toppings: vanilla ice cream, caramel syrup, chocolate syrup

Instructions:

1. Preheat oven to 375 degrees F.
2. Grease 9 x 13 inch baking dish with butter or non-stick cooking spray.
3. Create crumble topping by combining oats, flour, sugar, salt, butter, and nuts in a medium bowl.
4. Prepare filling by combining feijoa, apples, sugars, lemon juice, flour, and desired spices in a large bowl.
5. Pour filling mixture into baking dish and top evenly with crumble.
6. Bake for about 45 min, or until done (top will bubble and lightly brown).
7. Serve with desired toppings, enjoy!

Per serving: 450 calories, 5 g protein, 80 g carbs/4 g fiber, 10 g fat