

Grandma Kay's Fruit Crunch (Rhubarb or Apple)

(Note: yes, there is sugar in this recipe, so don't be alarmed. Sugar is not bad. Too much sugar at one time is another story. Because we use green apples and rhubarb, sugar is needed to cut the tartness. The key is to eat one piece with a robust cup of coffee or delightful cup of tea, or even a glass of water with lemon and be satisfied. Oh, and don't forget to include the great company of good friends or family!)



Directions:

1. Cut up 4 cups of rhubarb or apples. (No need to peel the apples.) Splash lemon juice on top and toss so they don't get brown.
2. Mix until crumbly:
 - a. 1 cup sifted flour (feel free to mix half white and half wheat)
 - b. $\frac{3}{4}$ cup oatmeal
 - c. 1 cup brown sugar
 - d. 1 tsp. cinnamon
 - e. $\frac{1}{2}$ cup shortening (that means margarine or butter)
3. Place half of mixture into a greased 9' x 9" pan. (To "grease" a pan, you can either spray with Pam or dip a paper towel into margarine then rub that around the pan, including the sides.)
4. Put 4 cups rhubarb or sliced apples on top of mixture.
5. Make a mixture of:
 - a. 1 cup sugar
 - b. 1 cup water
 - c. 1 tsp. vanilla
6. Mix 2 T. cornstarch with a little bit of water to make a paste (like gravy) and add it to the water mixture and cook it until clear on medium heat.
7. When clear, pour over rhubarb or apples.
8. Pour remaining crumble mix over fruit.
9. Bake 1 hour at 350 degrees. Dessert is done when bubbly.
10. Once cooled, top with vanilla ice cream, vanilla yogurt, or whip.

Recipe from the kitchen of Katherine Neva Benda