



# Rhubarb & Ginger Crumble

These sweet and tart flavors make a tasty combination.

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Rhubarb and ginger are meant to go together. The tart rhubarb filling in this dessert is complemented by bites of candied ginger and a sweet, crunchy crumble topping. We tend to go easy on the sugar in our sweets, but since rhubarb is a tart fruit, add as much maple syrup as needed to sweeten the dish to your taste.

Servings: 6 / Ingredients: 10 / Prep: 20 minutes

## Ingredients

### Filling:

1 pound rhubarb, cleaned and cut into 1-inch pieces

¼ cup maple syrup, or to taste

½ cup candied ginger, chopped

### Crumble:

2 cups rolled oats

1/3 cup whole wheat pastry flour

Pinch of salt

¼ cup sliced almonds

1 teaspoon ground ginger

¼ cup vegetable oil or melted butter

1/3 cup maple syrup

## Directions

1. Preheat the oven to 400°F.

2. In a soufflé or shallow baking dish, make the filling by tossing together the rhubarb, maple syrup and candied ginger.
3. To make the crumble, stir together the oats, flour, salt, almonds and ground ginger in a medium bowl. Stir in maple syrup and oil or melted butter until the oats are completely coated.
4. Pile the crumble on top of the rhubarb. Bake until the crumble is golden and the rhubarb mixture is bubbling up on the sides, about 40 to 50 minutes.

#### Nutrition Facts (per serving)

Calories: 382; fat: 13 g; saturated fat: 1 g; polyunsaturated fat: 3 g; monounsaturated fat: 9 g; carbohydrates: 64 g; sugar: 35 g; fiber: 6 g; protein: 6 g; sodium: 51 mg

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