

Blueberry Crumble in the Microwave

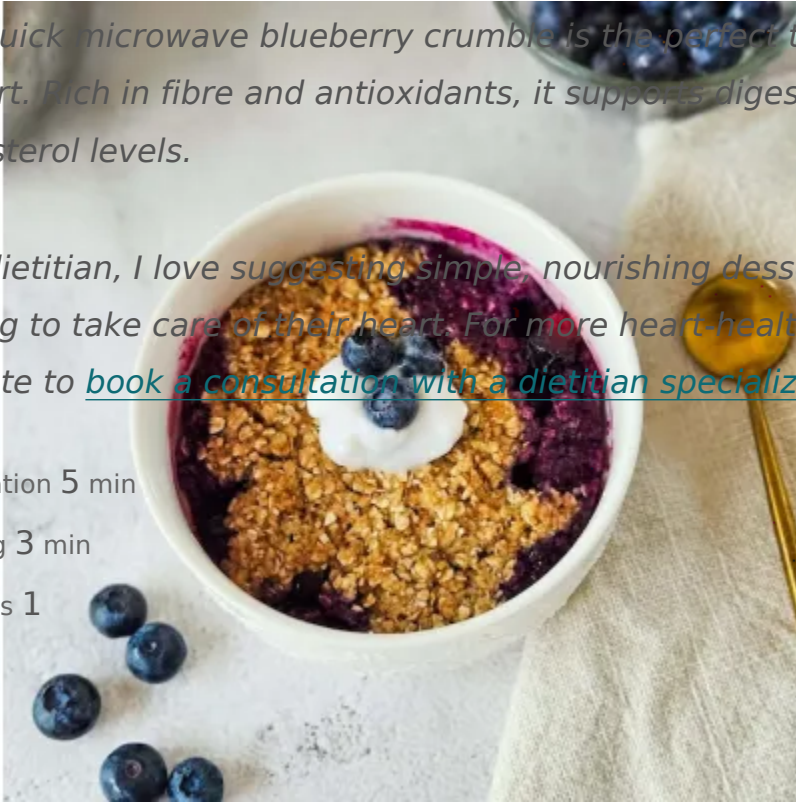
This quick microwave blueberry crumble is the perfect treat after a workout or as a weeknight dessert. Rich in fibre and antioxidants, it supports digestive health and helps maintain healthy cholesterol levels.

As a dietitian, I love suggesting simple, nourishing desserts like this one—especially for those looking to take care of their heart. For more heart-healthy tips or personalized support, don't hesitate to [book a consultation with a dietitian specializing in cholesterol management](#).

Preparation 5 min

Cooking 3 min

Servings 1



Nutrition Facts (per serving)

Calories 445

Fat 14

Carbohydrates 60

Fibre 10

Protein 20

Sodium 70

• 15 ml (1 tbsp) hemp seeds (or chia seeds)

• 15 ml (1 tbsp) brown sugar

• 1 egg white (or 30 ml (2 tbsp) egg whites)

• 15 ml (1 tbsp) 1% milk

• 2.5 ml (½ tsp) cinnamon, optional

. In a microwave-safe bowl*, mix the blueberries, brown sugar, and cornstarch. Microwave for 4! seconds.

. Meanwhile, in another bowl, combine the remaining ingredients and mix well. Add the topping mixture over the blueberries and return to the microwave for 1 minute. Check for doneness an add an additional 20-30 seconds if needed.

. Let cool before serving.



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