

## Strawberry Grunt (Single Serving)



Yes, I'm doing the single serving thing again.

They are my new love.

I love making miniature versions of dishes. Not only because they look cute, but it saves me from eating the entire pan.

This dish, called a "grunt" is similar to a cobbler, betty, or a buckle. I think (but don't quote me on this) the main difference is the other dishes are made in the oven and a grunt is made on the stove top.

Perfect for summer when you don't want to turn on the heat.

Or...for Valentine's Day when you want something red for dessert...

Or...for Monday afternoons after a hard day at work.

Technically this could be a breakfast if you wanted it to be...it has fruit...just sayin'  
Anyway...I looked it up using Myfitnesspal and the entire dish is 382 calories, 62 carbs, 12 fat, and 6 protein. Not exactly "light"...but...it's soooo delicious....



### **Strawberry Grunt (Single Serving)**

#### **Ingredients**

##### **Fruit**

- 1 cup frozen strawberry, chopped
- 1 Tbsp brown sugar
- 1/4 tsp flax (optional)
- 2 Tbsp water

##### **Dumpling**

- 1/4 cup flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp sugar
- pinch salt
- 1 Tbsp butter
- 2 Tbsp milk

##### **Topping**

- 1/2 tsp brown sugar

#### **Directions**

In a small saucepan over medium heat, mash strawberries, brown sugar, flax, and water together. Bring to a boil, stirring often, turn down heat to medium/low and let simmer for 5 minutes.



In a small bowl, stir together flour, baking powder, baking soda, sugar, and salt. Using a fork, blend in butter until mixture resembles coarse crumbs. Stir in milk until just combined, mixture should be very sticky.



Drop into boiling fruit, trying to drop evenly over surface of fruit.



Cover with lid, turn heat down to low simmer, and let cook for 12 minutes.  
After 12 minutes, uncover, sprinkle with 1/2 tsp of brown sugar, and let cook 1 more minute.



Serve hot.



You can make this with pretty much any fruit. I used frozen strawberries but I would imagine it would work with fresh fruit too.

I can't wait to try blueberries!

A couple of things:

\*\*If your fruit seems to be thickening too fast simply add another spoonful of water.

\*\*The flax is optional, I just like to throw it in there to up the fiber count.

\*\*This is blow-your-mind addicting with some whipped cream on top.

\*\* From start to finish this took 20 minutes.

Visit [The Rustic Pig](#) and [Adorned From Above](#) and [Hungry Little Girl](#) for some great links!

<http://joandsue.blogspot.ca/search/label/strawberries?updated-max=2013-05-23T15:53:00-07:00&max-results=20&start=12&by-date=false>