
Low-Glycemic Peach Crumble with Whole Grain Topping

A blood sugar-friendly dessert featuring fresh peaches and a fiber-rich whole grain topping that won't spike glucose levels like traditional crumbles.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 8

GL 13.5 / GI 44

Ingredients

Choose firm-ripe peaches; moderate GI fruit with good fiber content 8 ripe freestone peaches, peeled, pitted and sliced

Citric acid may help slow carbohydrate digestion fresh lemon juice

May support insulin sensitivity and glucose metabolism ground cinnamon

Aromatic spice with potential metabolic benefits ground nutmeg

Low GI alternative to white flour; provides fiber and B vitamins whole-wheat flour

High GI ingredient - use sparingly; consider reducing to 3 tbsp for lower glycemic load packed dark brown sugar

Provides fat to slow glucose absorption; choose brands with healthy fats trans-free margarine, cut into thin slices

Soluble fiber helps moderate blood sugar response; choose steel-cut for even lower GI quick-cooking oats, uncooked

Instructions

Step 1

Position your oven rack in the center and preheat to 375°F (190°C). Prepare a 9-inch pie pan by lightly coating with cooking spray or brushing with a small amount of oil to prevent sticking.

Step 2

Wash, peel, pit, and slice the peaches into uniform wedges about 1/4-inch thick. Choose firm-ripe peaches rather than overly soft ones for better blood sugar control. Arrange the peach slices in an even layer in the prepared pie pan, slightly overlapping if needed.

Step 3

Drizzle the fresh lemon juice evenly over the peach slices, then sprinkle with ground cinnamon and nutmeg. Gently toss or use your hands to ensure the peaches are evenly coated with the citrus and spices. Set aside while you prepare the topping.

Step 4

In a medium mixing bowl, combine the whole-wheat flour and allulose or erythritol sweetener, whisking together until no lumps remain and the mixture is uniform in color.

Step 5

Add the sliced butter or coconut oil to the flour-sweetener mixture. Using your fingertips, work the fat into the dry ingredients by rubbing and pinching until the mixture resembles coarse crumbs with some pea-sized pieces remaining. This creates the signature crumbly texture.

Step 6

Fold in the uncooked quick-cooking oats, stirring until evenly distributed throughout the crumb mixture. Sprinkle this topping evenly over the prepared peaches, covering the fruit completely.

Step 7

Place the pie pan on the center oven rack and bake for 28-32 minutes, until the peaches are bubbling around the edges, tender when pierced with a fork, and the topping has turned golden brown and crispy.

Step 8

Remove from oven and let cool for 10-15 minutes before serving. Cut into 8 equal portions, each approximately 3/4 cup. For optimal blood sugar management, serve with a dollop of plain Greek yogurt or a small handful of almonds to add protein and further stabilize glucose response.