

## Berry-Wonderful Fruit Crisp

By: Recipe by Audrey R., Stock the Crock Cookbook by Phyllis Good

### Ingredients:

Serves: 5-6 Use a 5 quart crockpot

1 cup rhubarb slices, cut into 1/2" to 3/4" pieces  
3 cups pitted tart red cherries, drained  
2 cups blackberries  
2 cups blueberries  
4 tbsp. cornstarch  
1/4 cup sugar  
2 cups grape juice  
1 tsp. vanilla extract

### Topping:

1 stick (8 tbsp) unsalted butter, melted  
1 cup packed brown sugar  
1 1/2 cups dry rolled oats  
1 1/2 cups whole-wheat flour

### Instructions:

1. Grease interior of the crockpot with butter or nonstick cooking spray.
2. Place and gently combine all the fruit in the prepared crockpot.
3. Mix together the cornstarch and sugar in a bowl.
4. Stir in the grape juice until smooth.
5. Add the vanilla extract to the grape juice mixture. Stir into the fruit in the crockpot.
6. Make the Topping: Rinse out the bowl and dry it. Then, mix the topping ingredients in it until crumbs form.
7. Crumble the topping over the fruit.
8. Cover. Cook on HIGH for 2 1/2 - 3 hours, or until the crisp is bubbly around the edges and firm in the middle.
9. Remove the lid quickly, picking it up by its handle and swiftly flipping it upside and away from yourself. Keep the condensation from dripping in the crockpot.
10. Cook 30 minutes on HIGH, uncovered, so the crisp gets drier and a bit crispy on top.
11. Remove the crock from the cooker and place it on a cooling rack. Serve warm, at room temperature, or chilled.

Simple Swaps: Vary the fruits based on what is in season. Apples, pears, raspberries and peaches are really good together.

Make it Gluten-Free: 1) Substitute coconut oil for butter 2) Process 1 1/2 cups dry GF oatmeal in food processor to make oat flour and use it as a substitute for flour. Or, use almond flour.

Make it Vegan: Substitute coconut oil for butter

Make it Paleo-Friendly: 1) Use honey instead of sugar in the fruit mixture 2) Use the following ingredients for the topping: 1 3/4 cup almond flour; 1/4 tsp sea salt; 1/3 cup cup melted coconut oil; 1/4 cup honey. Mix all the ingredients in order given in a good-size bowl. Crumble the topping over the fruit. Follow steps 7-10 in the instructions.

### Make It For Two:

- Use a 4 quart crockpot
- Follow the instructions but use the following ingredients and reduce cook time
- Cooking time to 1 1/2 - 2 1/2 hours or until bubbly and firm in the middle

### Ingredients:

1/2 cup rhubarb slices  
1 1/2 cup pitted tart red cherries, drained  
1 cup blackberries  
1 cup blueberries  
2 tbsp cornstarch  
2 tbsp sugar  
1 cup grape juice  
1/2 tsp. vanilla extract

Topping: 4 tbsp. butter, 1/2 cup brown sugar, 3/4 dry rolled oats, 3/4 whole-wheat flour

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