

Mason Jar Peach Crisp

By: flavourandsavour.com

Ingredients:

Filling

6 cups peaches, peeled and chopped
2 tbsp tapioca starch or 1 1/2 tbsp cornstarch
2 tbsp honey
1" knob of ginger, finely grated (optional)
2 tbsp lemon juice

Crisp Topping

1 cup oat flour (grind rolled oats, use gluten-free if necessary)
1 1/2 cups rolled oats (not quick oats and gluten-free if necessary)
1/2 cup chopped or slivered almonds (optional)
1/2 cup brown sugar or coconut palm sugar
1/2 cup melted butter or coconut oil
Pinch of sea salt

Instructions:

1. Preheat oven to 375 degrees F
2. Peel peaches, remove stone, slice and chop.
3. In a large bowl, toss with tapioca starch, honey, ginger and lemon juice.
4. Spray mason jars with cooking spray, butter or olive oil.
5. Fill 1/2 cup mason jars 3/4 full with peach mixture (6-12 jars will be needed).
6. Combine crumb topping ingredients in a food processor, pulse to mix evenly.
7. Spoon crisp topping mixture to mason jars (evenly distribute the topping)
8. Place filled jars on a parchment paper lined baking sheet (as the juice will likely bubble over).
9. Bake for 28-30 minutes or until fruit is bubbly and topping is brown.
10. Cool slightly and serve. Consider a scoop of ice cream or whipping cream.

Serves:

6-12

Calories:

~ 267 (without ice cream or whipping cream)

Coaching, Classes & Workshops

Joyce Lande, Lively Kitchens, Inc.
Nutrition and Kitchen Coach
847-754-1593
2028 Red Barn Rd., Woodstock, IL 60098
www.livelykitchens.com
livelykitchens@gmail.com