

Mother's Nature Crumble
By: Oh How She Glows Cookbook

Ingredients:

For the Filling

6-7 heaping cups peeled and chopped fruit

(apples or peaches - exchange 1 cup pears, blackberries and/or blueberries to change it up)

1 tbsp. arrowroot powder or cornstarch

1/3 cup Sucanat sugar or other granulated sugar

1 tsp chia seeds

1 tsp ground cinnamon

1 tbsp fresh lemon juice

For the Topping:

1 cup gluten-free rolled oats

1 cup thinly sliced almonds

1/3 cup almond flour or almond meal

1/4 cup pure maple syrup

1/4 cup coconut oil, melted

2 tbsp unsweetened shredded coconut (optional)

1 tsp ground cinnamon

1/4 tsp fine-grain sea salt

Instructions:

1. Preheat oven to 375 degrees F.

2. Lightly grease an 11 X 9" baking dish

Make the Filling

1. Place the fruit in a large bowl sprinkle with arrowroot powder on top. Toss to combine.

2. Stir in sugar, chia seeds and cinnamon.

3. Add the lemon juice and stir to combine.

4. Pour the fruit mixture into prepared dish and smooth out evenly.

Make the Topping:

1. In a large bowl (same bowl is fine), stir together the oats, almonds, almond flour, maple syrup, melted coconut oil, shredded coconut (if using), cinnamon and salt until thoroughly mixed.

2. Sprinkle the oat mixture over the fruit mixture in an even layer.

Bake for 40-60 minutes, until the fruit are fork-tender.

Cool slightly and Enjoy or refrigerate and Enjoy!

NOTES:

gluten free, soy-free, refined sugar free

Coaching, Classes & Workshops

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