

Seasonal Fruit Crumble With Oatmeal Cookie Crust

Portions: 4

Apple Berry Mixture Ingredients:

- 1 pint fresh blueberries and/or blackberries
- 2 apples (gala or honey crisp preferred), small dice (2½ cups)
- 2 tablespoons maple syrup
- 1 tablespoon organic evaporated cane sugar
- 1 teaspoon lemon juice and zest of half a lemon
- 1 teaspoon nonalcoholic vanilla flavor
- ¼ teaspoon sea salt
- ¼ teaspoon ground cinnamon
- 2 teaspoons arrowroot powder

Topping Ingredients:

- 1 cup rolled oats (gluten-free)
- ½ cup coconut flour
- 3 tablespoons evaporated cane sugar
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ cup neutral-tasting oil (safflower or grapeseed), plus 1½ tablespoons for topping
- 1 teaspoon nonalcoholic vanilla flavor
- 1 tablespoon maple syrup
- 3 tablespoons plain oat milk
- 1 tablespoon cinnamon sugar (optional for topping)



Directions:

Preheat oven to 375 F.

Place blueberries and/or blackberries and apples in a large bowl. Combine with maple syrup, sugar, lemon zest and juice, vanilla, sea salt, cinnamon, and arrowroot. Transfer to a greased 8-by-8-inch baking dish.

In a food processor, add oats, coconut flour, sugar, baking powder, sea salt, cinnamon, and nutmeg. Pulse until coarse and crumbly. Add vanilla, maple syrup, and oat milk. Mix until just combined.

Top berry mixture with topping. Spread topping out evenly. Sprinkle with cinnamon sugar, if using. Drizzle with 1½ tablespoons oil.

Bake for about 38–42 minutes or until golden brown and bubbling in center.

Nutritional Analysis:

Calories: 476 • Fat: 23 g • Saturated Fat: 3 g • % Calories from Fat: 42% • Cholesterol: 0 mg • Protein: 6 g • Carbohydrate: 65 g • Sugar: 34 g • Fiber: 11 g • Sodium: 603 mg • Calcium: 131 mg • Iron: 2 mg • Vitamin C: 11 mg • Beta-Carotene: 50 mcg • Vitamin E: 7 mg • *Information is on a per-portion basis.*