



## Fruit Crisp

### Ingredients:

You can double the topping if you really want a LOT of crumbs!

### Topping Option 1

- 1 1/3 cups flour
- 1 tsp baking powder
- 3 Tbsp sugar + 3 Tbsp sugar in the raw or brown sugar
- zest of 1 lemon
- 1 tsp cinnamon
- 1 stick unsalted butter (or 4-6 Tbsp coconut oil)

### Topping Option 2

- 1 cup almond flour
- 2/3 cup rolled oats (or more almond flour)
- 1 cup roughly chopped pecans - or another nut - *optional*
- 1/2 cup sugar of choice
- 1 tsp cinnamon
- 1/2 tsp sea salt
- 4 Tbsp coconut oil (or 6 Tbp unsalted butter)
- 2 Tbsp maple syrup

### Fruit Filling

- 5-6 cups berries or apples/pear peeled and chopped (for a strawberry rhubarb combo - 1.5 cups chopped rhubarb and a quart of strawberries, quartered)
- 1/4 cup maple syrup, sugar or honey
- 3-4 Tbsp arrowroot, cornstarch or flour if using berries, 1-2 Tbsp for apples/pears
- 1-2 tsp of lemon juice for apples / juice from 1/2 of a lemon for berries
- pinch of salt

### Instructions:

1. Preheat oven to 375
2. Melt butter or coconut oil

3. Add remaining topping ingredients to the melted butter and mix with your hands until you have large clumps. Set aside.
4. Place chopped fruit in a large, separate bowl. Add filling ingredients one at a time and toss gently to coat the fruit.
5. Place fruit mixture in a baking or casserole dish. Top with crumb mixture.
6. Bake at 375 for approximately 45 minutes until the top is toasted brown and fruit is bubbly. If you used nuts, bake covered for first 30-35 minutes and uncovered to toast the top for the last 10-15 minutes.
7. Serve with ice cream or fresh whipped cream. Great for breakfast with Greek yogurt too!