



Summer Peach and Berry Crisp

Instructions

Serves: 8

1. Preheat oven to 375 F
2. Slice peaches thinly (leave the skin on).
3. Mix peaches, berries, and maple syrup in an 8x8 inch baking pan.
4. Blend the almond meal, dates, and oil until fine in a food processor or blender.
5. Mix the almond meal date mixture in a bowl with one cup of oats, salt, cinnamon, and nutmeg. Use your fingers to mix it well. It should form small clumps.
6. If needed, add an extra 2 tsp of water (or maple syrup) to help combine.
7. Crumble topping on top of the fruit. Sprinkle almonds if desired.
8. Bake:
 - a. If using fresh fruit: Bake uncovered for 25-35 min until fruit is soft and bubbling and topping is browned.
 - b. If using all frozen fruit: Bake covered with foil for the first 30 min, then bake uncovered for the last 25-30 minutes to brown the topping (total baking 55-60 min).

Optional: Serve with plain yogurt, plain Greek yogurt or plain coconut milk yogurt.

Note: This recipe is best with fresh, ripe, in-season peaches. If fresh, ripe peaches not available you can substitute frozen and extend bake time. Frozen or fresh berries work well.

Ingredients

3 lbs. of fresh or frozen peaches or nectarines (approx. 6-8 peaches)

12-16 ounces of fresh or frozen berries (blueberries, raspberries, or blackberries)

2 tablespoons maple syrup

1 cup almond meal or whole wheat pastry flour

1 cup oats

½ cup silvered or chopped almonds (optional)

6-8 dates

½ tsp salt

1 tsp of nutmeg

1 -2 tsp of cinnamon

2 tablespoons canola oil

Optional: Serve with plain Greek yogurt or coconut milk yogurt