

Seasonal Fruit Crumble With Oatmeal Cookie Crust

Source: Spork

About the Recipe

238 Calories · 3 g Protein · 5.5 g Fiber
Dessert

Ingredients

Makes 8 Servings

- 1 pint fresh blueberries and/or blackberries
- 2 apples (gala or honey crisp preferred), small dice (2 1/2 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
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground cinnamon
- 2 teaspoons arrowroot powder
- 1 cup rolled oats (gluten-free)
- 1/2 cup coconut flour
- 3 tablespoons evaporated cane sugar
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 cup neutral-tasting oil (safflower or grapeseed), plus 1 1/2 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

1. Preheat oven to 375 F.
2. 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.
3. 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.
4. Top berry mixture with topping. Spread topping out evenly. Sprinkle with cinnamon sugar, if using. Drizzle with 1 1/2 tablespoons oil. Bake for about 38-42 minutes or until golden brown and bubbling in center.

Nutrition Facts

Per serving:

Calories: 238

Fat: 11.5 g

Saturated Fat: 1.5 g

% Calories From Fat: 42%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrate: 32.5 g

Sugar: 17 g

Fiber: 5.5 g

Sodium: 301.5 mg

Calcium: 65.5 mg

Iron: 1 mg

Vitamin C: 5.5 mg

Beta-Carotene: 25 mcg

Vitamin E: 3.5 mg