



Trend: Comfort Food

Very Berry Apple Crisp

It's full of essential vitamins, minerals, and high in fiber

Crunchy Topping:

- 1/3 cup old fashioned oats (not instant)
- 1/2/cup (each) sliced almonds, broken walnuts
- 1/8 teaspoon salt
- 1 Tablespoon liquid coconut oil
- 1 Tablespoons maple syrup
- 1/2 teaspoon pure vanilla

Apple Berry Fruit

- 1 (16 ounce) bag frozen Triple Berry Mixed
- 2 Tablespoon gluten free flour
- 1 Tablespoon ground flaxseeds
- 1 teaspoon ground cinnamon

3 apples, cored, chopped bitesize
1/2 cup fresh orange juice
Serve with coconut cream or coconut milk

Before Starting: Preheat oven to 325 degrees F. Line and grease foil lined or parchment lined small shallow baking pan with rim

Prepare Crisp Topping: In medium sized bowl, combine oats, almonds, walnuts, and salt if desired. In small bowl, stir together oil, maple syrup, and vanilla. Pour liquid mixture over nut mixture; toss to combine and coat ingredients. Evenly spread topping over the shallow baking pan. Bake in preheated 325-degree F oven for 10 minutes. Remove from oven; toss lightly and spread evenly; return to oven; bake for 5 minutes or until topping is golden brown. Toss baked topping to loosen from baking pan; set aside to cool.

Before Starting Fruit Filling: Increase oven to 375 degrees F. Grease 8x8-inch square baking dish.

Remove Extra Package Ice: Place frozen mixed berries in colander to warm slightly if package had caked ice in the package.

Prepare Filling: In a small bowl, stir together flour, ground flaxseeds, and cinnamon. Place bite-size chopped apples in large bowl; toss with flour mixture. Add frozen berries; gently toss with apples. Spoon into greased 8-inch baking dish.

Bake Fruit Filling: Bake in preheated oven for 20 minutes. Remove from oven; drizzle fresh orange juice over fruit; cover pan with foil; return to oven; bake for 10 minutes. Remove cover; the filling should be bubbling, and apples will be tender. If not, return to oven; bake 5 minutes longer.

To Serve: Evenly sprinkle the crisp topping over the fruit dessert. For individual serving; spoon fruit in serving bowls; sprinkle with topping as desired. Serve the dessert drizzled with some coconut cream or milk as desired. Yield: 6 to 8

Cook's Note: You can also use fresh fruit such as blueberries in place of the frozen fruits. Blueberries with the apples make a delightful dessert.

About the Recipe: It is always wonderful to have a crunchy top on a fruit dessert. Reheating usually results in a soft topping texture. This recipe separates them. Prepare a crisp topping and then bake the saucy fruit. When you have leftovers, store the fruit in the refrigerator and the topping can be placed in a storage container. Rewarm the fruit and then sprinkle it with that crisp topping for a delicious crunch. An added bonus is that this dessert is filled in antioxidants and can even be served for breakfast or as a dessert for dinner.