

# Mixed Berry Crisp

**Prep time:**

10 minutes

**Cook time:**

45 minutes

**Yields:**

2 servings

**Ingredients:****BERRIES**

- 2 cups mixed berries (strawberries, raspberries, blueberries, and/or blackberries)
- 1 Tbsp maple syrup
  
- 1/2 Tbsp cornstarch
  
- 1 tsp lemon juice

**CRISP**

- 1/4 cup almond meal
  
- 1/4 cup rolled oats
  
- 1/4 cup roughly chopped pecans
  
- 2 Tbsp coconut sugar
  
- Pinch salt
  
- 1 Tbsp coconut oil
  
- 1 tsp maple syrup

**Directions**

1. Preheat oven to 350 degrees F and add fruit directly to a small oven safe dish. Top with maple syrup, cornstarch, and lemon juice and toss to combine.

2. To a small mixing bowl, add the almond flour, oats, pecans, coconut sugar, and salt. Stir to combine. Then add coconut oil and maple syrup and mix again until evenly distributed. Taste a little and see if it's sweet enough for you. Spread the crisp topping evenly over the fruit. Bake uncovered on the center oven rack for 20-25 minutes or until the fruit is bubbling and the top is golden brown.
3. Let cool 10 minutes before serving.

Chef Mat Shalenko, June Health and Wellness