

BERRY CRISP

INGREDIENTS

6 oz raspberries	3/4 cup almond flour
18 oz blueberries	1/2 cup old fashioned rolled oats
1 tsp maple syrup	1/4 cup unsweetened coconut
1 tsp vanilla	1/2 tsp cinnamon
1 tsp arrowroot	1/4 tsp salt
	1/4 cup coconut oil - keep solid
	2 tbsp maple syrup

PROCEDURE

Preheat oven to 350 degrees

Combine fruit, maple syrup, arrowroot powder and vanilla

Pour mixture into a pie plate

In a separate bowl combine almond flour, oats, salt, cinnamon and coconut

Mix until the solid coconut and maple syrup coat mixture

Sprinkle on top of the berry mixture

Bake about 40 minutes until top is golden brown

Remove and let cool