

Tart Berry Crisp

HolisticQ signature recipe

Oat Yeah!

This Crisp is tart and naturally sweet with no added sugar. The topping is incredible! Excellent dessert for after dinner or as a breakfast addition!

Ingredients: All Organic

32 oz. sliced fresh strawberries (or frozen)
32 oz. fresh blueberries (or frozen)
2 Tbs corn starch
2 cups rolled oats
1 cup pecans (chopped)
1/2 cup butter or coconut oil
1/4 cup pure maple syrup (optional)

Make the crisp!

Preheat oven to 350°

In a large mixing bowl toss the sliced strawberries and blueberries with the corn starch until corn starch is well distributed. Pour fruit into large 9x13 baking dish. You can grease the baking dish with butter or coconut oil if desired, but it is not necessary.

Meanwhile combine oats with the chopped pecans. Melt the butter or coconut oil WITH the maple syrup, if desired, so that it incorporates into the butter. Mix the butter into the oat/ pecan topping until it is evenly dispersed. Spread topping evenly over fruit. Bake uncovered for 1 hour or until topping has browned to your liking.

We baked this one for 1 hr. 15 min.

Enjoy!!!