

Tart Berry Crisp

HolisticQ Signature Recipe

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

Ingredients: (You can easily make half of this recipe in a smaller baking dish)

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
1/3 cup pure Maple syrup or Honey

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.

Next combine the Oats with the chopped Pecans. Melt the butter or coconut oil. Pour the melted Butter and the Maple syrup over the Oats and chopped Pecans and mix thoroughly. Spread Oat topping evenly over fruit.

Bake uncovered for 1 hour or until topping has browned to your liking.

We bake ours for 1 hr. 15 min. (If halving the recipe, bake for 45 minutes)

Enjoy!!!