

BERRY CHERRY CRUMBLE

Prep Time: 10 minutes | Cook Time: 60 minutes | Serves: 6

Ingredients:

1 ½ cups frozen berries
(organic, if possible)

½ cup frozen cherries
(organic, if possible)

1 tablespoon arrowroot
powder

¼ teaspoon sea salt

¼ teaspoon cinnamon

1 ¼ cup almond meal

¼ cup coconut oil

Instructions:

1. Preheat oven to 350°.
2. Mix berries and cherries together in a bowl. Stir in arrowroot powder and set aside.
3. In another bowl, mix salt, cinnamon and almond meal together. Stir in oil to combine.
4. Place fruit mixture in baking pan and spread almond topping evenly over it. Cover with aluminum foil.
5. Bake covered for 50 minutes. Remove foil and continue baking for 10 more minutes, or until fruit is bubbling and crumble is crispy.

Nutritional analysis per serving (1/6th crumble):

calories 148, fat 11 g, saturated fat 1 g, cholesterol 0 mg, fiber 4 g, protein 5 g, carbohydrate 11 g, sodium 78 mg