



GLUTEN FREE PEACH & BLUEBERRY CRISP

INGREDIENTS:

5 - 6 ripe organic peaches, peeled, pitted, and sliced
2 -3 handfuls of fresh or frozen organic blueberries
1 TBS. lemon juice
1 TBS. Almond Extract
3 TBS. Arrowroot powder
1 1/2 cups Almond Flour
1/4 cup gluten free oats
1/4 cup shredded unsweetened coconut
1/2 tsp. cinnamon - divided in half
1/2 tsp. nutmeg - divided in half
1/4 cup Coconut Oil
1/4 cup honey

DIRECTIONS:

Preheat oven to 350°

Prepare peaches, and place in a medium mixing bowl. Add in the lemon juice, almond extract, sprinkle on the arrowroot powder, 1/4 tsp. of both cinnamon and nutmeg, and add in the blueberries, stirring gently to incorporate the arrowroot powder.

Let sit while you prepare the crumb topping.

In another mixing bowl, combine the almond flour, oats, coconut, the remaining 1/4 tsp. of both cinnamon and nutmeg, the coconut oil, which should be in its liquid state, and honey. Mix well, but mixture should NOT come together.

Pour peach/blueberry mixture in a glass pan. I used a round pie dish, but an 8X8 baking dish would work just as well.

Pour on the almond flour topping. I did this in two batches, kind of mashing the first batch down a little into the fruit and then lightly adding the remainder on top. Don't pack it down.

Bake in the preheated oven for roughly 45 minutes or until it starts bubbling.

ENJOY!