

Recipe

{GRAIN FREE} PEAR GINGER CRISP

SERVES 6

THE GOODS:

Fruit filling

- 4 ripe pears
- 1 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon arrowroot flour

Crisp topping

- 1 cup almond flour
- 2/3 cup desiccated coconut
- 1/4 cup coconut oil, butter, or ghee
- 3 tablespoons maple syrup
- 1/2 teaspoon baking powder

THE METHOD:

Preheat oven to 350°F.

Slice pears evenly, about 1/4" thick, and add to a baking dish (something around 8" in diameter or 8"x8" if square). Toss with spices and 1 tablespoon of arrowroot flour.

Prepare the crisp topping by combining all ingredients together using a fork.

Bake for 40 minutes, let cool before serving to allow the fruit to thicken.

Boulder Nutrition