

Recipe

LATE SUMMER STONE FRUIT CRUMBLE

SERVES 6

THE GOODS:

For the filling:

- 1 3/4 lbs stone fruit (5-6 peaches or 4-7 smaller stone fruits or 2 C cherries)
- 3 T arrowroot or tapioca flour
- 2 T lemon juice
- 1 T maple syrup or monk fruit syrup
- 1 t cinnamon

For the crumble topping:

- 1/4 C coconut oil, room temperature
- 1/2 C alternative flour (almond or coconut work well)
- 1/4 C flax seed
- 1/4 arrowroot or tapioca flour
- 2 T maple syrup or monk fruit syrup
- 1 t cinnamon
- 1/8 tsp sea salt
- Coconut whipped topping

THE METHOD:

Preheat the oven to 350. Prepare the filling by first cutting your fruit into cubes. Add fruit to a large bowl with remaining filling ingredients and mix well. Add cut fruit mixture to a 9" baking vessel, any shape will do.

Rinse the filling bowl and add all crumble topping ingredients together. Stir well to combine until mixture comes together evenly. It should be slightly sticky and clean the sides of the bowl. Use your fingers to place chunks all over the top of the fruit filling. It will spread and touch to fill in small gaps while baking.

Bake for 18-25 minutes, until crumble topping is firm and starting to brown. Top with coconut shreds. Allow crisp to cool completely before adding coconut whipped topping.

Boulder Nutrition