



APPLE-BLACKBERRY BREAKFAST CRISP

Makes 6 servings

INGREDIENTS

Filling

1 pound apples, peeled only if desired, cored and sliced thinly (4 to 5 small apples)
12 ounces fresh or frozen blackberries
Juice of 1/2 orange (about 3 tablespoons)
1 tablespoon arrowroot powder

Topping

1 1/4 cups almond meal or almond flour
3/4 cup gluten-free old-fashioned rolled oats
2/3 cup raw pecans, chopped
6 tablespoons unsweetened coconut flakes
5 tablespoons Grade A maple syrup
1/2 teaspoon sea salt
1 teaspoon ground cinnamon
Pinch ground nutmeg
1/2 cup unrefined coconut oil, at room temp.
Greek yogurt for serving (optional)

Credit: Pamela Salzman

INSTRUCTIONS

Preheat the oven to 375° F.

Prepare the filling: combine the apples, blackberries, orange juice, and arrowroot in a bowl and pour everything into a 9- or 10-inch pie plate or cast-iron skillet and spread evenly.

Prepare the topping: combine all the topping ingredients in a bowl and mix with your hands until no longer dry, forming small "nuggets" of topping. Alternatively, use an electric mixer to combine everything.

Using your hands, arrange the crisp topping on the filling and place the baking dish or skillet on a rimmed baking sheet. Bake for 40 to 50 minutes, or until the fruit is soft and bubbling and the topping is golden brown. If the topping is getting too golden before the fruit is soft, tent with aluminum foil. Serve warm with yogurt, if desired.