



Blueberry Crisp

This recipe is done best baked in six small, individual bowls but can also be made into one larger pan. Try adding mint, cinnamon, or lemon.

<u>U.S.</u>		<u>Metric</u>
2 cups	Blueberries, frozen	310g
1 Tbsp	Corn Starch	7.5g
1 each	Lime, zested	1 each
3/4 cup	Rolled Oats	70g
1/3 cup	Pecans, unsalted, chopped	40g
1 Tbsp	Maple Syrup	15mL
2 tsp	Coconut Oil	10mL
2 Tbsp	Applesauce, unsweetened	30mL
1 tsp	Vanilla Extract	5mL
1/4 tsp	Kosher Salt	1.5g

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 375°F (191°C)
2. In a medium bowl, combine the blueberries and corn starch. Mix the two until the corn starch coats all of the blueberries. Add in the the lime zest and mix. Set the blueberry mixture to the side.
3. In separate medium bowl, combine the oats, pecans, maple syrup, coconut oil, applesauce, vanilla extract and salt. Mix until the ingredients are completely combined and then set aside.
4. Divide the blueberry mixture evenly between six (6) small oven-safe bowls (ceramic souffle cups work well), about 1/3 cup of blueberries per bowl. Top each bowl with 3 tablespoons of the oat and nut topping.
5. Bake in the oven for 15-20 minutes, until the top of the oats are golden brown and the blueberries are bubbling around the edges.

Nutrition Facts

6 Servings

Serving size **1 individual dish, 3.5 ounces**

Amount per serving

Calories **140**

Total Fat	7 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	0 mg
Sodium	80 mg
Total Carbohydrate	18 g
Dietary Fiber	3 g
Total Sugars	7 g
Includes 2g Added Sugars	
Protein	2 g
Vitamin D	0 %
Calcium	0 %
Iron	3 %
Potassium	100 mg
Phosphorus	25 mg
