



Summer Fruit Crumble with Almonds & Oats

Makes one 2½-quart crumble

INGREDIENTS

2 cups organic gluten-free old-fashioned rolled oats
3½ ounces organic butter, cold and cut into small cubes
⅔ cup organic almond flour
½ cup organic cane sugar
1¾ ounces raw organic nuts (almonds, walnuts or pecans), chopped
Organic butter or oil, for greasing
5 to 6 cups diced organic fresh summer fruit (such as plums, peaches, nectarines, figs, grapes, blueberries and raspberries)
1 or 2 tablespoons organic honey, date honey, maple syrup or agave syrup

When summer fruits are too ripe to eat fresh, it's time to bake a crumble. You don't have to add much sweetener (a spoon or two of agave syrup is usually enough). Serve with natural yoghurt to highlight the flavor of the fruit and balance the sweetness.

When preparing the crumble, make sure the dough is cold and the layer of fruit isn't too hot. Otherwise, the crumble topping may melt when it comes in contact with the fruit before it has a chance to bake properly and turn crumbly. If you like to spice things up, add vanilla, cinnamon and ginger to the fruit medley.

DIRECTIONS

1. In a blender, process 1 cup of the oats into a fine meal. Transfer these oats to the bowl of an electric mixer and add the remaining cup of oats, as well as the butter, almond flour and sugar. Mix on medium speed until crumbly. Mix in the almonds until combined, and then transfer to an airtight container and refrigerate or freeze until ready to use.
2. Preheat oven to 330°F and grease a 2½-quart baking dish.
3. Place the fruit in a large bowl and mix in up to 2 tablespoons of honey until combined. Transfer the fruit mixture to the baking dish and pat into an even layer. Bake for 10 to 14 minutes, until the fruit is grilled, soft and golden and the juices have been released. Remove from the oven and cool to room temperature.
4. Transfer the cold crumble topping to the cooled fruit base and return to the oven. Bake for about 35 minutes, until the top is golden and the fruit is bubbling. Serve warm.
5. May be refrigerated in an airtight container for up to 3 days. Reheat gently before serving.