



**BRAIN HEALTHY  
COOKING**

# Dessert

## *Wild Blueberry Crisp*



### *Ingredients*

#### **BLUEBERRY FILLING**

**4 CUPS** blueberries (fresh or frozen)  
**2 TBSP** cornstarch  
**½ CUP** coconut sugar  
**¼ TSP** cinnamon  
**1/8 TSP** nutmeg  
**½ CUP** water  
**2 TSP** lemon juice

#### **TOPPING**

**1 CUPS** whole wheat flour  
**1 CUP** old-fashioned oats  
**1 CUP** coconut sugar  
**½ TSP** cinnamon  
**½ CUP** butter, melted

*Makes 8-10 Servings*

### *Directions*

1. Preheat oven to 350°F. Grease 9x13 inch baking dish with cooking spray.
2. Place blueberries in large bowl, put aside. In small bowl, mix cornstarch, sugar, ¼ teaspoon cinnamon, and nutmeg. Sprinkle over berries and toss together. Add lemon juice and water and toss. Pour blueberry mix into baking dish.
3. Combine flour, oats, coconut sugar, and ½ teaspoon cinnamon in a bowl. Add melted butter and toss until well mixed. Sprinkle topping evenly over blueberries.
4. Bake 45 minutes or until berries are bubbling vigorously along the edges and topping is golden brown.

