



WILD BLUEBERRY CRISP

Prep Time: 1 Hour, 20 Minutes

Makes: 8-10 Servings

THE 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 CUP Whole Wheat Flour
- 1 CUP Old-Fashioned Oats
- 1 CUP Coconut Sugar
- ½ TSP Cinnamon
- ½ CUP Butter, melted

COOKING STEPS:

1. Preheat the 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.