

# Summer Fruit Crumble (serves 6)

## FILLING INGREDIENTS

- 6 cups of summer fruit
- 1/8 teaspoon salt
- 2 tablespoons tapioca or arrowroot flour
- 1/4 cup coconut sugar

## TOPPING INGREDIENTS

- 2/3 cup coconut or almond flour
- 1/2 cup maple sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 cup coconut oil, solid
- 1/3 cup sunflower seeds
- 1/3 cup chopped pecans
- 1/2 cup slivered almonds

## DIRECTIONS

1. Preheat oven to 350-degrees. Spray or oil an 8x8 glass baking pan.
2. Prepare fruit by coring and slicing (peeling optional), if needed.
3. Toss the prepared fruit with tapioca flour, salt, and coconut sugar and set aside.
4. In a separate bowl, combine the almond flour, maple sugar, cinnamon, allspice and coconut oil. With your fingers, blend in the coconut oil until mixture is crumbly.
5. Gently stir in sunflower seeds, pecan pieces, and slivered almonds. Use fingers to blend the flour mixture with the seeds and nuts.
6. To assemble, toss the fruit once again and place in the bottom of the glass baking dish. Spread the topping evenly over the prepared fruit.
7. Bake for 35-45 minutes, until the filling is bubbly and the topping is browned. If the topping is browning too quickly, loosely cover with foil and continue baking.
8. Let sit for at least 15 minutes before serving.
9. Serve with a dollop of yogurt or ice cream.

