

Recipe for

WHOLE FRUIT CRUMBLE

EQUIPMENT NEEDED Mixing bowls (2), spoons (2), baking dish,
measuring cups.

SERVES 2 ESTIMATED COST \$7.00 COST PER SERVING \$3.50

INGREDIENTS

- 2 cups mixed berries (or any fruit)
- 2/3 cup old fashioned rolled oats
- 1 tbsp maple syrup (or honey)
- 1 tsp lemon juice
- 1 tsp cinnamon
- 1 tbsp melted coconut oil or butter

METHOD OF PREPARATION

1. Set oven for 375° F.
2. In a mixing bowl, combine fruit, maple syrup, and lemon juice.
3. In a different mixing bowl, combine oats, cinnamon, and melted coconut oil until oats are evenly coated.
4. Transfer fruit mixture into greased baking dish and layer oat mixture evenly on top.
5. Bake 30 minutes, until golden brown and bubbly. Enjoy!

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NUTRITION INFORMATION

Whole Fruit Crumble		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	760.2	
	% Daily Value*	
Total Fat	18.8 g	24 %
Saturated Fat	7.6 g	38 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	16.3 mg	1 %
Total Carbohydrate	132.9 g	48 %
Dietary Fiber	19.7 g	70 %
Total Sugars	21.1 g	
Added Sugars	6 g	12 %
Protein	21.1 g	
Vitamin D	0 mcg	0 %
Calcium	163.3 mg	13 %
Iron	6.6 mg	37 %
Potassium	629.5 mg	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[Full Info at cronometer.com](https://www.cronometer.com) </>

HEALTH BENEFITS

Old fashioned rolled **oats** are also high in antioxidants and beta-glucan, an important soluble fiber. Beta-glucan has numerous health benefits including regulating blood sugar, promoting beneficial gut bacteria, and reduce harmful cholesterol levels.



HEALTH BENEFITS

Berries are a great source of antioxidants, specifically flavonoids. This antioxidant is anti-inflammatory, anti-cancerous, and anti-viral!

References:

1. Recipe provided by Gabrielle La Chapelle