



ZEKE LIFE

Easy Blueberry Crisp

What You Need:

- 8" x 8" pan (I use a pyrex glass baking dish)
- nonstick cooking spray
- 3 c. blueberries (I'll even use frozen blueberries, and sometimes I add a little more)

Crisp topping:

- 1 c. old-fashioned oats
- 1 c. almond flour
- 1 c. pecans, halved or chopped (I will actually use a mixture of any kind of nuts such as walnuts, almonds, cashews or peanut)
- 1/4 c. maple syrup
- 1/4 c. olive oil

Steps:

1. Mix together the crisp ingredients.
2. Spray 8" x 8" pan with nonstick cooking spray. Add blueberries and layer crisp over top.
3. Bake at 350 degrees for 35 - 40 minutes (or up to 10 minutes longer if topping or fruit is frozen - checking at 5 minute intervals). Topping should be crisp and golden.

Serve with vanilla ice cream, or for a healthier option, use plain yogurt.

Estimated Time:

~60 minutes prep & cook time.

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