
Peach Raspberry Oatmeal Crumble

Cook Time: 30 min

prep Time: 15 min

total Time: 45 min

servings: 4

Ingredients:

Crumble Topping

1/3 cup oat flour

1/4 cup coconut or brown sugar sugar

1/4 teaspoon cinnamon

1/8 teaspoon salt

3 tablespoons coconut oil

2 tablespoons maple syrup

1/3 cup rolled oats

1/3 cup raw pecans, chopped

Fruit Filling

400g (1 1/2 cups) pitted fresh or frozen peach, peeled and sliced

2 tablespoons maple syrup

2 teaspoons fresh lemon juice

1/2 teaspoon vanilla extract

1/8 teaspoon salt

1 tablespoon cornstarch or arrowroot

1 cup fresh or frozen raspberries

Instructions:

1. To make the topping, place oat flour, sugar, cinnamon, and salt in a food processor and pulse a few times to combine. Add the coconut oil and maple syrup and again just pulse to moisten. Add in the oats and pecan and pulse a couple of times to mix through. You will have a crumbly mixture with some chunky pieces.

Transfer to a bowl, cover and place in the fridge.

2. Pre-heat the oven to 380F or 190C. Lightly grease a medium sized pyrex or ceramic baking dish with a little coconut oil. Set aside.

3. To make the filling, place the peaches, maple syrup, lemon juice, and vanilla in a medium bowl and mix together. Then add in the salt and cornstarch and fold in. Transfer to the baking dish, then scatter the raspberries all over the top. Finally crumble the topping on top making sure to keep some the pieces chunky.

4. Bake for 25-35 mins until the topping is golden brown and the fruit is bubbling. Let cool slightly before serving. The juices will thicken the more it cools. Store any leftovers in the fridge and enjoy for breakfast the next morning.