



ME Recipe: Apricot Raspberry Crumble

Ingredients:

9 apricots, ripe (can sub for other stone fruits like peaches, plums, nectarines)
1 cup raspberries, fresh or frozen
3 TB almond meal
1/4 cup chopped walnuts
3 tsp Truvia 1
TB melted coconut oil
1/2 tsp vanilla
1/2 tsp butter extract
sprinkle cinnamon
pinch sea salt

Directions:

Preheat oven to 350F

Cut the apricots into eighths (quarter them, then cut those slices in half). Spray a 9 x 9 Pyrex baking dish with non-stick oil. Place the apricots in the dish, pour the raspberries on top and sprinkle ONE teaspoon of Truvia over the fruit.

In small bowl, mix the ingredients for the crumble. The mixture should be, well - crumbly! If it is too wet, add more chopped nuts. If too dry, add a dab more oil or some unsweetened almond milk.

Uniformly spread the crumble mixture over the fruit and bake until the fruit is bubbly and the crumble is golden, about 20-30 minutes.