

# Easy Peach Crumble

3 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Coconut Oil  
1 cup Oats (rolled, divided)  
1/4 cup Unsweetened Applesauce  
2 tbsps Maple Syrup  
2 Peach (pit removed, sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	205	Carbs	39g
Fat	4g	Protein	5g

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
- 02 Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
- 03 Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
- 04 Divide into bowls and enjoy!