

Blueberry Breakfast Crisp

4 SERVINGS 50 MINUTES



INGREDIENTS

- 2 1/2 cups Blueberries (fresh or frozen)
- 2 tbsps Lemon Juice
- 1/2 tsp Vanilla Extract
- 2 tsps Arrowroot Powder
- 1/4 cup Maple Syrup (divided)
- 1 cup Oats (rolled)
- 1/4 cup Ground Flax Seed
- 1/4 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/3 cup Coconut Oil (melted)

NUTRITION

AMOUNT PER SERVING

Calories	417	Carbs	46g
Fat	24g	Protein	6g

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and grease a pie plate or baking dish.
- 02 In a mixing bowl add the blueberries, lemon juice, vanilla, arrowroot powder and half of the maple syrup. Stir to coat the blueberries evenly. Add the blueberry mixture to the prepared pie plate. Set aside.
- 03 In a second mixing bowl, add the oats, ground flax, almond flour, and cinnamon. Stir to combine.
- 04 Whisk the melted coconut oil with the remaining maple syrup and add to the oat mixture stirring until oats are evenly coated.
- 05 Spoon the oat mixture over top of the blueberries in the pie plate and smooth into an even layer.
- 06 Bake for 40 to 45 minutes until the blueberries are bubbly and the oats are golden brown. (The oats may seem a bit soft but they will crisp up as it cools.)
- 07 Remove from oven, let cool and enjoy!