

Blueberry Crisp

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and grease a pie plate or baking dish.
2. 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.
3. In a second mixing bowl, add the oats, ground flax, almond flour, and cinnamon. Stir to combine.
4. Whisk the melted coconut oil with the remaining maple syrup and add to the oat mixture stirring until oats are evenly coated.
5. Spoon the oat mixture over top of the blueberries in the pie plate and smooth into an even layer.
6. 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.)
7. Remove from oven, let cool and enjoy!

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)

Notes

Serving Dish Size

Use a 9-inch pie plate or 9 x 9-inch baking dish for 4 servings.

Meal Prep

You can make this breakfast ahead and store in the fridge. Enjoy cold or reheat before serving.

More Protein

Serve with Greek yogurt.

Leftovers

Keeps in the fridge for up to 3 days. The oats will lose their crispiness overtime.