

# Easy Peach Crumble

5 ingredients · 30 minutes · 3 servings



## Directions

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1. Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
2. 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.
3. 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.
4. Divide into bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving equals approximately 1 cup.

### More Flavor

Add cinnamon, nutmeg, lemon juice and/or lemon zest.

### Additional Toppings

Ice cream, yogurt, whipped coconut cream or crushed nuts.

### No Oat Flour

Use any flour on hand.

### No Applesauce

Use mashed banana instead with a few tablespoons of water as needed.

## Ingredients

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