

# Marcy's Apple Berry Crisp

Number of Servings: 12

Cook Time: 35 minutes

## Ingredients

9X13 dish

4 cups peeled cubed apples

1 cup rhubarb\*

1 cup blackberries\*

1 cup raspberries\*

\*you can use frozen and any type of berries you have on hand to equal 3 cups.

1 cup sucanant or coconut palm sugar

1-1/2 tbsp tapioca starch (1 tbsp + 1-1/2 tsp)

### Topping

1-cup unsalted butter, cubed or natural almond butter

1 cup sucanant or coconut palm sugar or muscovado brown sugar

2 cup gluten free oats

1/2 cup pumpkin seeds

2 tbsp golden flax seed

1 tbsp sesame seeds

1/4 tsp salt

## Instructions

In the 9x13 dish put the apples and berries in and toss with sugar and tapioca starch. Set aside.

In a food processor with S blade, place all topping ingredients in and pulse until it looks crumbly and no large chunks of butter remain. This will grind up some of the flax and sesame seeds.

Spread evenly over the fruit and bake in a 350 degree oven for 30-40 minutes or until bubbling and topping is golden brown.

Makes for a yummy breakfast the next day, too.