

## Blueberry Walnut Crisp

This nutrition-packed dessert comes together effortlessly to provide a delicious contrasting texture between the juicy berries and the crunchy nutty-oat topping. Other berries or chopped fruit like apples, peaches, or pears can be swapped out depending on what's fresh and in season.

**Prep time: 15 minutes**

**Cook Time: 15 – 20 minutes**

**Serves: 6**

### Ingredients

#### *Topping*

- 1 cup rolled oats
- ½ cup coarsely chopped walnuts or pecans
- 1/3 cup packed brown sugar
- ¼ cup melted coconut oil, butter, or avocado oil
- 1½ teaspoons ground cinnamon
- Pinch of salt

#### *Filling*

- 4 cups fresh blueberries
- ¼ cup pure maple syrup
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract

### Steps

1. Preheat oven to 375°F.
2. To make the topping, mix oats, walnuts, brown sugar, oil/butter, cinnamon, and salt together in a small bowl. Set aside.
3. To make the filling, in a medium bowl, toss the blueberries together with maple syrup, lemon zest, lemon juice, and vanilla extract until well-coated.
4. Divide the coated berries evenly among six ovenproof single-serving bowls or ramekins or spread out in an 8-inch x 8-inch pan. Spoon equal amounts of the oat and nut topping over each individual ramekin or spread evenly over the top of the baking dish.
5. Place the bowls on a sheet pan, cover with foil, and bake in the oven for 15 to 20 minutes, or until the topping is golden brown and fruit is bubbly.

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