

Peach Coconut Crisp

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 4-5 medium-large ripe peaches, thinly sliced
- 2 cups of your favourite granola
- 1/4 cup unsweetened and unsulfured coconut flakes
- 1/4 cup melted coconut oil
- 1 tsp ground cinnamon
- 2 tbsp maple syrup*

Instructions:

1. Preheat oven to 350F degrees.
2. Place peaches in a baking dish. I used a 10 x 6 by 2" deep glass baking dish. However, don't feel restricted to this size. If you use a smaller dish and the crisp is deeper you might need to cook it a little longer.
3. Combine melted coconut oil with granola of your choice and coconut flakes. Mix in maple syrup if using, and ground cinnamon.
4. Top peaches with crisp and pop in the oven for 25-30 minutes.

Notes:

Serves 4 generously. *I did not use maple syrup because the granola I used was slightly sweet. Granola: I actually had half of a homemade granola that I mixed with a store bought brand I bought in bulk. It had raisins in it as you can see from the photo.