

Gluten & Dairy-Free Blueberry Vegan Crisp

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Bottom Ingredients

- 2 cups fresh or frozen blueberries (thaw if frozen)

Topping Ingredients

- 1/4 cup melted coconut oil (melt on low on stove top)
- 1 cup quinoa flakes (or use quick oats but be sure they are labelled "glutenfree" if you want truly GF)
- 1/4 cup (or more) unsweetened coconut shreds
- 1 tbsp coconut sugar
- 1 tsp ground cinnamon

Instructions:

1. Preheat oven to 350F.
2. Combine all the topping ingredients into bowl once coconut oil is melted. Give it a taste test. Is it sweet enough? If not, you could add a little more coconut sugar (or coconut nectar) - both of these ingredients can be found at your health food store.
3. Line the bottom of your baking dish with the berries. Now spoon the topping over the berries. Bake for 30 minutes. Yes! It's that easy! Let cool slightly and enjoy with a dollop of coconut yogurt (since we are on the coconut theme). EnJOY!

Notes:

Serves 4! EnJOY!