

Raw Berry Crisp

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Filling

- 2 cups strawberries, thinly sliced
- 2 cups blueberries
- 2 cups strawberries, roughly cut
- 1 tsp cinnamon
- 1 tbsp coconut oil
- 2 tbsp raw honey
- pinch of sea salt

Topping

- 2 cups walnuts
- 3-4 medjool dates
- 2 tbsp ground golden flax
- 2 tbsp coconut oil (optional)
- 1 tsp cinnamon
- pinch of sea salt

Instructions:

1. For the filling, start by blending the coarsely cut strawberries and 1 cup of blueberries with cinnamon, coconut oil, sea salt and honey until smooth.
2. In a bowl, combine the mixture with the remaining blueberries and sliced strawberries.
3. Place the mixture into the refrigerator to set while you make the topping.
4. For the topping, add the walnuts into a food processor and pulse until crumbly.
5. Add the dates, sea salt, cinnamon and coconut oil (optional) and pulse until mixture comes together and no large pieces of dates remain.
6. To assemble the dessert, simply remove the fruit filling from the refrigerator and top with walnut crumble.