

Coconut Crisp Topping for Fruit

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/4 cup melted coconut oil (melt on low on stove top)
- 1 cup quinoa flakes (or use quick oats)
- 1/4 cup (or more) unsweetened coconut shreds
- 1 tbsp coconut sugar
- 1 tsp ground cinnamon

Instructions:

1. Combine all 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.