

END OF SUMMER PEACH CRUMBLE



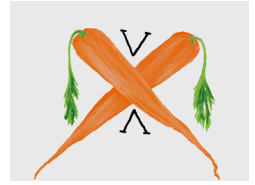
SERVES: 6

PREP TIME: 10 MINUTES

COOKE TIME: 40 MINUTES

TOTAL TIME: 50 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

6-7 medium to large ripe peaches, pitted, chopped

1 cup rolled oats (gluten free if needed)

1/2 cup almond meal (or finely ground raw almonds)

1/2 cup walnuts, chopped

2-3 TBSP light brown sugar

pinch of celtic sea salt

3-4 TBSP coconut oil, additional for greasing pan

1/2 - 1 cup fresh berries (optional)*

METHOD

Preheat oven to 350 degrees F. Lightly cover an 8x8 baking dish or 8" cast iron skillet with coconut oil.

Chop peaches and place directly in dish or skillet, evenly distributing to ensure flat top (mix in berries at this point or save raw berries to top).

Prepare crumble ingredients (oats, almond meal, walnuts, sugar, salt and coconut oil) by placing in a medium bowl. Mix well with a fork, pastry cutter, or your (clean) hands!

Add crumble evenly to top the peaches. Place in oven and bake for 40 minutes, or until peaches are bubbling and crumble is golden brown.

Serve with additional berries or your favorite dairy-free ice cream!

NOTES:

*I used raspberries (SO good), but you could use blueberries, blackberries, or a combination! Baked with the peaches or as topping.

NUTRITION:

Serving Size: 1/6 recipe Calories: 330 Total Fat: 24 g Sodium: 35 mg

Carbohydrates: 22 g Fiber: 5 g Sugar: 18 g Protein: 7 g