

VEGAN BLUEBERRY CRUMBLE

adapted from www.eatingbirdfood.com

Yield: 6-8 servings

Prep Time: about 5-10 minutes

Cook Time: about 30 minutes

Storage: refrigerate up to 3 days



Filling Ingredients

3 1/2 cups frozen blueberries, no need to thaw

1 tablespoon cornstarch or arrowroot powder

1/2 - 1 tablespoon maple syrup

1 teaspoon vanilla extract

Topping Ingredients

1 cup old-fashioned rolled oats

1/4 cup oat flour or all-purpose flour of your choice

1/2 cup almond flour

1/4 cup maple syrup, or to taste

1/4 cup melted coconut oil or ghee

2 tablespoons milk of your choice

1/2 teaspoon ground cinnamon

1/4 teaspoon sea salt

Directions

1. Preheat the oven to 375 degrees F.
2. Lightly grease an 8-inch square baking dish with cooking oil if desired (I usually skip this step).
3. Add the frozen blueberries to the baking dish. Drizzle the vanilla and sprinkle the maple syrup along with the cornstarch or arrowroot powder over the berries. Lightly mix with a spoon or your fingers to combine. Set aside.
4. Combine all the topping ingredients into a bowl and mix well. Spoon or crumble this topping mixture over the blueberries. Gently press the mixture down using the back of a spoon or your fingers.
5. Bake for about 30 minutes, or until the topping is golden brown and the filling is bubbling. Let cool for about 10 minutes before serving. Enjoy!