

Blueberry and Peach Coconut Crumble!

Gluten-free, nut-free and vegan!

INGREDIENTS:

- 2 cups fresh blueberries
- 2 cups fresh sliced peaches (4-6 peaches)
- 1/4 cup coconut sugar
- 2 cups gluten free oats
- 1/2 cup extra virgin coconut oil melted
- 1/2 cup canned light coconut milk
- 1 tsp cinnamon

Nutritional Information per serving:

Calories 277.3
Total fat 16.6
Saturated fat 14.0 g
Polyunsaturated 0.5 g
Monounsaturated 0.5 g
Sodium 2.2 mg
Potassium 116.0 mg
Total carbohydrates 29.6 g
Dietary fiber 3.8 g
Sugar 14.4 g
Protein 3.0 g

*Percent Daily Values based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DIRECTIONS:

1. Preheat your oven to 350 degrees.
2. Wash fruit. Slice peaches. Mix fruit with 1/4 cup coconut milk. Spread the mixture evenly on the bottom of an 8x8 pan.
3. Combine oatmeal, cinnamon, melted coconut oil, 1/4 cup coconut sugar and remaining coconut milk in bowl. Stir thoroughly. Spread evenly over fruit.
4. Bake 30-40 minutes until fruit bubbling.

Top with whip cream, ice-cream or kick up the coconut craziness with coconut whip cream or coconut ice-cream!



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