



V's Honey & nut Fruit Crumble

Directions

Ingredients:

Blueberries:

- 4 cups berries
- 3 tbsp cornstarch

Crumble:

$\frac{3}{4}$ c old fashioned oats

$\frac{1}{4}$ c whole wheat flour

$\frac{1}{4}$ c finely chopped nuts

2 tbsp pure maple syrup

1 $\frac{1}{2}$ tbsp avocado oil (or coconut oil)

1 $\frac{1}{2}$ tsp cinnamon

dash nutmeg

dash cloves

In a separate bowl, mix berries and cornstarch together and pour into pre heated cast iron skillet or 8x8" square pan.

In a separate bowl, mix all dry ingredients until combined. Spread over the top of the berry mixture.

Bake at 375° for 45-50 minutes until golden brown.

Serve with scoop of vanilla ice cream (or a dollop of yoghurt or whipped cream & a spoonful of jam!)

Enjoy! xxV

HOUSE OF VALENTINA