

## **Episode: Healthy Desserts**

### **FRUIT CRISP**

#### **Ingredients:**

- 10 ounce bag frozen blueberries
- 2.5 cups strawberries, sliced
- 2 bananas, sliced
- 1/2 cup coconut oil, melted
- 1 cup organic oats
- ½ cup pecans or nut of choice
- 2 tsp. vanilla
- 2 tbsp. pure maple syrup
- 1/3 cup flaxseeds
- 1 tsp. cinnamon

#### **Directions:**

Preheat oven to 375°. Add sliced fruit into a dish and set aside. Melt coconut oil. Add oats and pecans to blender and lightly chop. Add oats and pecans to melted coconut oil. Add vanilla, syrup and flaxseeds and stir. Sprinkle fruit with cinnamon. Put the mix into the dish with the fruit heating the dish in a preheated 375 degree oven for 40-45 minutes.

*Serves: 6 - 8*