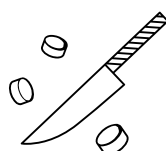


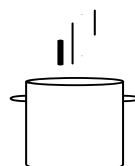


Apple & Pear Breakfast Crisp

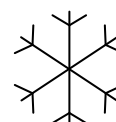
We've discovered that it's brilliantly easy to make a delicious Apple & Pear Crisp to fuel your summer mornings. Go on give this easy recipe ago.



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Ingredients

3 apples, cored and chopped

3 pears, cored and chopped

3 tbsp lemon juice

1 tbsp The Groovy Food Company Organic Coconut Sugar

1 tsp cinnamon

Toppings

150g oats

25g almond flour

Handful of walnuts

150g maple syrup

3 tbsps The Groovy Food Company Coconut Oil

Directions

1. Preheat oven to 180C.
2. In a bowl, combine chopped apples, pears, lemon juice, sugar and cinnamon. Mix well and layer into a 9 x 9 baking dish.
3. In a medium size bowl, combine topping ingredients and mix well.
4. Spread mixture evenly over the fruit and sprinkle with a little cinnamon.
5. Bake for 35 – 40 minutes, or until apples and pears are tender. Cool before serving.

Dash of vanilla

Pinch of salt