

## RECIPE

# Apple Blueberry Crisp



## Ingredients

- 1 cup blueberries
- 4-5 apples sliced thin
- 2 tbsp coconut oil
- 2 tbsp lemon juice
- 2 tbsp date sugar (LIVA is a good brand!)
- 2 tbsp cinnamon

### Topping Ingredients:

- ½ bag N'oops Cereal 'Apple Sunrise'
- 2 tbsp coconut oil
- 2 tbsp maple syrup
- 2 tbsp hemp hearts
- 1 tsp cinnamon

## Preparation

1. Throw blueberries, apples, 2 tbsp coconut oil, lemon juice, sugar and cinnamon in a bowl and mix well
2. Transfer to a baking dish
3. *Topping:* Melt 2 tbsp coconut oil and maple syrup in a pan on med low.
4. Put cereal, hemp hearts and cinnamon in a bowl and pour the coconut oil and maple syrup over it and stir to fully coat.
5. Distribute topping mix over the apple and berries trying to cover.
6. Bake at 350 for 20-25 min (until apples are cooked)

Recipe creation and pictures by Michelle Vysohlid