ALMOND FLOUR BLUEBERRY CRISP



INGREDIENTS

FILLING:

- 2 pints ripe blueberries
- 1 teaspoon cinnamon
- 1 tablespoon arrowroot starch

TOPPING:

- 1 cup blanched almond flour
- 1/2 teaspoon sea salt
- 1 cup unsweetened shredded coconut
- 1 cup walnuts
- ½ cup melted coconut oil
- ¼ cup maple syrup (or honey)

NUTRITION PER SERVING:

- Calories: 374| Carbs: 26g | Protein: 6g | Fat: 30g | Sat Fat: 16g | Sodium: 122mg | Fiber: 6g | Sugar: 16g

DIRECTIONS:

- Preheat oven to 350°F and add blueberries to a 2-quart baking dish. Sprinkle with cinnamon and arrowroot starch and stir well.
- To make the topping, add almond flour to a large bowl, along with the salt, coconut, and walnuts. Stir well, then add in the melted coconut oil and maple syrup. (If using honey, you may want to melt the coconut oil in a saucepan over low heat first, then add in the honey to make sure it's melted before you stir everything together.)
- Sprinkle the topping over the blueberries, and lightly press the mixture with your hands to flatten it out. You don't want any pieces sticking up higher than the rest, or they could burn before the rest of the crumble topping is golden. Bake for 30 to 35 minutes, until lightly golden on top.
- Let the blueberry crisp cool for 15 to 20 minutes before serving. It may look soupy at first, but it will firm up as it cools, with the topping becoming very crispy. Serve warm, with ice cream or coconut whipped cream on top.

Makes 10 Servings

Reference: https://DetoxInsta.com