

Blueberry Granola Crisp *with Maple Yogurt Drizzle*

Dessert doesn't have to be bad for you - it can be incredibly nourishing and sweet by the natural ingredients you incorporate. This is a family favourite and also yummy with yogurt the next day for breakfast.



Serves 4

INGREDIENTS

3 cups frozen blueberries
1 tsp lemon zest
1 tsp corn starch
(toss together and place in baking dish)
Preheat oven to 350 degrees

CRISP TOPPING

3/4 cup rolled oats
1/2 cup almonds, slivered
1/4 cup whole wheat flour or almond flour
1/2 teaspoon cinnamon
1/2 teaspoon salt
2-3 tbsp coconut oil, melted or you could try a nut butter melted for a
totally fantastic twist
1/4 cup maple syrup, honey or coconut syrup

DRIZZLE

1/2 cup of Greek yogurt
3 tbsp maple syrup
(combine)

DIRECTIONS

1. Toss blueberries, cornstarch and zest. Place in bottom of an 8x8 baking dish
2. Combine all of the crisp topping ingredients until crumbly. Place on top of berries.
3. Bake for 40-50 minutes until the top is golden brown.

Serve with yogurt drizzle.

More recipes at www.TammyLynnMcNabb.com