

Blueberry Almond Crumble

A Maine classic packed with antioxidants



INGREDIENTS:

3/4 cup old-fashioned oats
1/4 cup whole wheat or millet flour
1 teaspoon ground cinnamon
2 tablespoons pure maple syrup
1 1/2 tablespoons unsalted butter, melted and cooled slightly
6 cups frozen blueberries
3 tablespoons cornstarch
2 teaspoons almond extract

DIRECTIONS:

1. Preheat the oven to 350 degrees and lightly coat an inch square baking pan with nonstick cooking spray.
2. To prepare the streusel topping, whisk together the oats, flour, and cinnamon in a small bowl.
3. Add the maple syrup and butter, stirring until completely incorporated.
4. To prepare the filling, stir together the blueberries, cornstarch, and almond extract in a large bowl until completely combined. Transfer the filling to the prepared pan, and sprinkle the oat streusel on top.
5. Bake for 50 - 60 minutes, or until the blueberry juices are bubbling at the sides.
6. Cool completely to room temperature, then chill for at least 3 hours before serving.

Credit: Amy's Healthy Baking



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