



Plum (or any fruit!) Crisp

Ingredients

For the fruit filling:

2 pounds plums or other fruit, halved, pitted and sliced (no need to peel)
1/3 cup honey
3 tablespoons cornstarch
1/2 teaspoon cinnamon

For the crunchy topping:

1 cup old-fashioned oats (also called large flake oats)
1/2 cup almond meal or almond flour, lightly packed (or 1/2 cup whole wheat flour)
1/3 cup chopped almonds, walnuts, pumpkin seeds, or sunflower seeds
1/3 cup lightly packed brown sugar
1 teaspoon ground ginger
1/4 teaspoon salt
4 tablespoons tub margarine, melted
3 tablespoons plain yogurt (regular or Greek)

Equipment:

Cutting board
Knife
Small microwave safe dish
Baking dish
Medium mixing bowl
Measuring cups (dry)
Measuring spoons
Mixing spoon

Directions

1. Preheat the oven to 350 degrees F. In a 9 x 9-inch baking dish, mix together the sliced plums, honey, cornstarch and cinnamon.
2. In a medium mixing bowl, stir together the oats, almond meal or flour, nuts, brown sugar, ginger and salt. Mix in the melted margarine and yogurt. Stir until the mixture is moistened throughout.
3. Drop spoonfuls of the oat mixture over the fruit and use your fingers to break up the mixture until it is evenly distributed (no need to pack it down). Bake for 55 minutes, or until the fruit is bubbling around the edges and the top is lightly golden. Let the crisp rest for 5 to 10 minutes before serving.