

Fabulous Fruit Crisp

This recipe was adapted from Feeding the Whole Family by Cynthia Lair. Almost any fruit may be used in this recipe, including berries, apples, pears, mangoes...even bananas! Frozen fruit works just as well as fresh. This is an easy recipe for kids, so get them involved!

- 1 cup rolled oats
- ½ cup flour (whole wheat pastry flour, rice flour, etc.)
- ½ teaspoon sea salt
- ¼ cup canola oil (or another cold-pressed vegetable oil)
- ¼ cup pure maple syrup
- ⅓ cup chopped nuts (cashews, walnuts or pecans work well)
- 2 tablespoons water
- 2 tablespoons maple syrup
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg (optional)
- 2 teaspoons pure vanilla extract
- 5 cups chopped fruit (if using berries, leave them whole)

Preheat oven to 350°F. Mix oats, flour and salt together in a bowl. Add oil and maple syrup; mix well. Stir in nuts and set aside. In a small bowl combine water, syrup, spices and vanilla extract; set aside. Chop fruit and place in a lightly oiled pie pan or an 8-by-8-inch baking dish. Pour the liquid mixture over the fruit and toss gently. Spoon the oat-nut mixture evenly on top of the fruit. Cover and bake for 45 minutes. Uncover and bake 15 minutes more to crisp the topping.

Preparation time: 1 hour and 20 minutes
Makes 8 servings.