Fruit Crumble with Vanilla Yogurt

Ingredients
- 4 cups fresh or frozen fruit (i.e. blueberries or peaches)
- 1.5 Tbsp granulated sugar
- 3 Tbsp whole-wheat or all-purpose flour, divided
- 2 Tbsp orange juice
- 3/4 cup rolled oats
- 1/2 cup chopped almonds, or pecans
- 2 Tbsp pumpkin seeds
- 4 Tbsp brown sugar
- 1/2 tsp ground cinnamon
- 3 Tbsp coconut oil, melted

Making It
1. Preheat oven to bake at 400°F.
2. In a large bowl, combine fruit with granulated sugar, 1 tablespoon flour and orange juice. Divide among four 6-ounce ovenproof ramekins.
3. In a medium bowl, combine oats, nuts, brown sugar, the remaining 2 tablespoons flour and cinnamon.
4. Drizzle oat mixture with coconut oil and stir well.
5. Sprinkle oat mixture over the fruit mixture in the ramekins.
6. Place the ramekins on a baking sheet. Place baking sheet in oven and bake for 20 to 25 minutes or until the fruit is bubbling and the topping is golden.
7. Let stand for at least 10 minutes before serving. Serve with your favorite or homemade vanilla yogurt (optional)

NUTRITION FACTS
Servings: 5
PER SERVING
Calories (kcal): 50.4
Fat (g): 2.2
Carbohydrate (g): 7.6
Protein (g): 0.8
Fibre (g): 1

TIPS & HINTS
Homemade Vanilla Yogurt
Mix together:
- 2 cups plain Greek yogurt
- 2 Tbsp honey
- 1 Tbsp vanilla extract