

## Grain-Free Fruit Crumble

6 cups fruit of choice (chopped roughly the same size)  
1/2 cup honey

- Preheat oven to 350
- Mix together and place in a glass baking dish

2/3 cup nut/seed flour (I recommend coconut flour, almond meal, pumpkin seed flour and/or sunflower seed flour)  
1/3 cup sunflower seeds  
1/3 cup pecans  
1/2 cup sliced or slivered almonds  
1/2 cup honey  
3/4 tsp cinnamon  
1/2 tsp all spice  
1/4 cup coconut oil

- Mix topping until slightly crumbly and sprinkle by hand over fruit mixture, spreading evenly.
- If fruit doesn't look completely covered, can sprinkle on additional flour, almonds or oats until surface is covered.
- Bake at 350 for 40-50 minutes

## Dessert for all seasons

Every single combination of fruit I have tried with this has worked out deliciously. Get experimental with whatever fruit is in season. Here are some great combinations:

- Apple Cranberry: 5 cups of thinly sliced apples, 1 cup of fresh/frozen cranberries
- Apple Berry: 3 cups of apples, 3 cups of mixed berries
- Strawberry Rhubarb: 3 cups of each (strawberries halved)
- Strawberry Pear: Three cups of each
- Peach Crumble: 6 cups of sliced peaches
- Summer Berry Crumble: 2 cups each of strawberries, blueberries and raspberries