

Seasonal Fresh Fruit Crisp



Prep: 20 minutes

Cook: 30 minutes

Serves: 9

Chef: Suzanne Landry

2 cups quick cooking oats
1/3 cup whole wheat flour or unbleached flour
6 tablespoons butter, cut into very small pieces
2 tablespoons corn starch
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/3 cup maple syrup
1/4 cup brown sugar or more to taste
1/2 cup walnuts, chopped

Fruit Filling

4 cups of blueberries (or a mix of raspberries, blackberries and blueberries) or sliced apples, plums, peaches, or cherries or whatever is in season
1/4 cup sugar
2 tablespoons of cornstarch



1. Preheat oven to 350°.
2. Measure, rinse and drain fruit. Place fruit at the bottom of an 8"x 8" baking pan, sprinkle with sugar and cornstarch. Toss to mix.
3. If you are using fresh very ripe, juicy fruit or frozen fruit, use 3 tablespoons of cornstarch to bind the fruit together.
4. Toss oats, flour, salt, cinnamon, and brown sugar together.
5. Use two knives or a pastry blender to cut the 6 tablespoons of butter into the flour until you have little tiny clumps/beads of butter.
6. When butter is evenly mixed, add maple syrup and gently toss to combine. DO NOT over mix and smash this mixture. It should be lumpy. Now gently mix in chopped walnuts.
7. Layer this over fruit and place in oven, uncovered, for 30 minutes or until crisp is a little golden brown.

Chef's Notes: Instead of your own crisp topping you can use your favorite prepared store-bought granola. Sprinkle that on your prepared fruit. Bake in the oven covered with aluminum foil for 25 minutes or until fruit is tender but still holding together. It will dry out too much and burn if it is not covered.