



# RECIPES



SPONSORED BY:



Copyright © 2021 Blue Zones, LLC and Sharecare, Inc. All rights reserved.



# Peach & Apricot Crumble

*TAKE ADVANTAGE OF SUMMER'S PERFECT PEACHES AND APRICOTS. FULL OF FRUITY FLAVOR AND A CRUNCHY TOPPING, THIS DESSERT IS EASY TO MAKE AND PACKS A NUTRITIONAL PUNCH.*

## ***Ingredients***

- 2 lbs. fresh apricots
- 2 lbs. fresh peaches
- 1 1/2 cup almond flour
- 1 cup sprouted oats
- 1 tsp. almond extract
- 1/2 stick grass fed butter (melted)
- 1/2 cup monk fruit sugar
- 1 tsp. xanthan gum
- 2 tsp. vanilla extract
- 2 small packets of vanilla sugar
- Slivered almonds
- Powdered sugar (optional)

## ***Directions***

1. Preheat oven to 350 deg.
2. Wash and cut peached and apricots into bite size pieces.
3. Place the peaches and apricots in an oven-safe baking dish.
4. Add 1/4 cup monk fruit sugar, 1 packet of vanilla sugar, 2 tsp. vanilla extract, and 1 tsp. of xanthan gum to the peaches and apricots and mix well.
5. In a separate bowl, combine almond flour, sprouted oats, almond extract, melted butter, 1/4 cup monk fruit sugar, and 1 packet of vanilla sugar and mix well.
6. Sprinkle mixture on top fruit making sure to cover the entire surface.
7. Place in preheated oven and bake for 45-50 minutes. Fruit mixture will cook down and the crumble will turn a golden brown.
8. Sprinkle slivered almonds and powdered sugar on top.
9. Serve and enjoy.