

Three Little Pears Crisp

Yield: 4-6 servings

INGREDIENTS

4 cups sliced pears, skins removed. Use 3 different varieties like Bartlett, Bosc and Anjou.

CRISP TOPPING

1 cup rolled oats
1/2 cup raw, unsalted
pecans, halved or chopped
1/2 cup almond meal or
flour of choice
1/4 cup maple syrup
1/4 cup melted coconut oil
1/2 teaspoon sea salt



METHOD

- Remove skin from pears and cut into small slices.
- Place in an 8 in, x 8 in, pan.
- Mix together crisp ingredients.
- Layer the crisp topping over the pears.
- Bake at 350 degrees for 35-40 minutes, until fruit is bubbling and topping is crisp and golden.

play5star.com