Blueberry Grumble

SIMPLE RECIPE

Ingredients

Blueberry Base

- 3 cups frozen blueberries
- 1 tsp flour
- Juice of 1/2 a lemon

Topping

- 1 cups rolled oats
- 1 cup flour
- 1/2 cup maple syrup
- 1/8 cup coconut oil

Directions

- 1. Preheat oven to 350.
- 2. Add blueberries, flour and lemon iuice into a baked dish and mix.
- 3. In a separate bowl, combine oats, flour, maple syrup and coconut oil
- 4. Add oat mixture on top of the blueberry base. Make it compact for the best crispy topping.
- 5. Once oven is preheated, bake for 45 minutes.

Use

Top with ice cream for a delicious dessert or with Greek yogurt for tasty breakfast!



