

# Cherry & blueberry crumble

SERVES - 4

## NUTRITION PER SERVING

Fat: 32 g

Carbs: 42 g / Fiber: 10 g (Net Carbs: 32 g)

Protein: 12 g

This is a lovely dish to make with fresh or frozen berries. Here I've used frozen blueberries and cherries - so handy to have in the freezer for whenever you need them, but you can use any berries you prefer.

This crumble is buttery and delicious and so easy to make. You can make it with more fruit in a deeper dish if you want. I quite like the drier consistency of this version, with a drizzle of cream.

## INGREDIENTS

- 200 g frozen blueberries
- 200 g frozen cherries
- 2 t ground cinnamon
  
- 50 g butter (softened)
- 100 g ground almonds
- 100 g oats
- 50 g walnuts
- 1 T maple syrup

## METHOD

1. Preheat the oven to 180°C / 350 F.
2. Add frozen berries to a ceramic dish and sprinkle over ground cinnamon.
3. In a mixing bowl mix together butter, ground almonds, oats, and nuts to form a crumble mix.
4. Add maple syrup, mix through and cover over the fruit.
5. Bake for 30 mins, checking and mixing the topping to stop it over browning.
6. Serve with cream or yoghurt.