

Berry Crisp with Nuts and Oatmeal Topping

Serves 8

Crisp:

- 1/3 cup chopped pecans
- 1/3 cup chopped walnuts
- 1 cup *Great Granola**
- 3-4 tablespoons pure maple syrup
- 2 tablespoons wheat germ
- 2 tablespoons whole wheat pastry flour
- 1/2 teaspoon nutmeg
- 1/2 teaspoon pure vanilla extract

Filling:

- 4 cups fresh or frozen blackberries, blueberries, strawberries, raspberries, or a mixture of any of these
- 2 tablespoons pure maple syrup
- 1 teaspoon ground cinnamon
- 1 teaspoon finely grated lemon or lime zest
- 16-oz. nonfat regular or frozen vanilla yogurt

- Preheat oven to 325°.
- Spread the nuts on a baking sheet and toast for 5-8 minutes, or until golden brown. Stir once or twice during toasting. Transfer the nuts to a mixing bowl.
- Add the granola, syrup, wheat germ, flour, nutmeg and vanilla. Mix well.
- For the filling, slice berries. Toss berries with the syrup, cinnamon, and zest.
- Spread the fruit in an 8 or 9-inch square baking pan or pie plate. Top with the crisp and bake for 15 to 20 minutes, or until the fruit is tender, bubbling around the edges, and the crisp is lightly browned.
- Serve topped with regular or frozen vanilla yogurt.

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Adapted by Ann Kanyr using Natural Ovens ingredients from the book Superfoods by Steven Pratt, M.D. and Kathy Matthews