



Linda's Recipe

A berry good dessert

I just returned from my parent's cottage in New Liskeard and one of my favorite activities during my August holiday is picking wild blueberries.

Interestingly, Dr. Jonny Bowden, Ph.D and clinical nutrition specialist, lists blueberries among the most healthful foods in his book, *The 150 Healthiest Foods in World*. It's no secret that blueberries are an antioxidant powerhouse because of their dark purple colour.

Many studies have also reported that blueberries can improve your memory as an additional benefit to your brain health. No matter what your health goals are, blueberries can most certainly provide a healthful low-calorie source of nutrition.

Like Dr. Bowden, I eat blueberries about six out of seven days a week by adding them to smoothies, muffins or my bowl of oatmeal. When I crave a healthy dessert, this is one of my fave recipes. Enjoy!

Peach Blueberry Crisp

Topping

- 1 ½ cups rolled oats
- ½ cup spelt flour
- ¼ cup pure maple syrup
- ¼ cup melted coconut oil
- 1 tsp cinnamon
- Pinch of sea salt



Filling

- 4 peaches
- 1 ½ cup blueberries
- 1 tbsp lemon juice
- 2 tbsp pure maple syrup

Method

- Mix topping ingredients in a bowl, set aside.
- Slice up the peaches and toss in a bowl with the blueberries, lemon juice, maple syrup, water and cinnamon.
- Place the fruit in a large baking dish and cover with oat crumble.
- Bake at 350 F for approximately an hour.
- Serve with vanilla coconut ice cream!

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