

Cranberry Blueberry Buckwheat Crisp Recipe



Ingredients

- 2 cups frozen blueberries
- 1 ½ cups fresh cranberries, slightly chopped
- ¼ cup chopped walnuts or pecans
- 2 tablespoons arrowroot
- 1 teaspoon cinnamon, split
- 1 tablespoon Monk fruit sugar
- ½ cup oat or buckwheat groats, cooked
- 2 flax or chia eggs
- 1 tablespoon Monk fruit sugar

I made too much buckwheat groats.

What to do with the leftover? My husband brought home 2 pounds of berries. It was a natural match! Also, I wanted to experiment with Monk fruit sugar.

Make the groats in the Instant Pot – 5 minutes- while assembling the rest. It's perfect for dessert or breakfast and freezes well. I cut the sweetener amount in half.

Method

1. Preheat oven to 375 degrees. Rinse and drain the blueberries and place them and place in a square baking dish. Add cranberries. Sprinkle with the cornstarch, ½ of cinnamon and sugar.
2. In a medium bowl, combine the groats, eggs and sugar blend, rest of cinnamon, and brown sugar.
3. Mix together.
4. Spread the topping over the berries and bake at 375 degrees for about 35 minutes or until the berries are bubbly and the topping is lightly browned.

Note: Works with all types of fruit – apples, pears, pineapple, berries, bananas and cherries. You can omit the nuts or swap out another type that pairs better with the fruit or your palate.