

# Berry Crisp

## Berry Ingredients:

- 4 c. fresh or frozen mixed berries (if using frozen, thaw first)
- 3 T. organic cane sugar
- 2 T. Minute Tapioca
- Pinch of orange zest and lemon zest

## Topping Ingredients:

- 1/3 c. white spelt flour
- 1/3 c. old-fashioned oats
- 1/4 c. coconut sugar
- 2 T. vegan margarine

## Instructions:

1. Mix all berry ingredients and place in large pie plate.
2. Mix dry ingredients for topping and work in margarine with hands.
3. Sprinkle on top of berries.
4. Bake at 375° for 40 minutes. Serve with coconut whipped cream if desired.

## Did You Know? [Nutritionfacts.org](https://www.nutritionfacts.org)

Berries offer potential protection against cancer, a boost to the immune system, and a guard for the liver and brain. Berries may also boost our levels of natural killer cells, a type of white blood cell that's a vital member of the immune system's rapid-response team against virus-infected and cancerous cells. Results from studies show that simply eating a handful of berries every day may slow our brain's aging by more than two years.

## Coconut Whipped Cream

*Place a can of full-fat coconut milk in the refrigerator overnight. Remove only the hardened, white portion from top of can. Add 2 T. agave nectar and a pinch of vanilla and lemon powder. Beat with an electric mixer until smooth like whipped cream.*