



PEACH CRISP

5 cups sliced, peeled peaches
3 Tbsp organic corn starch
1/4 cup maple syrup

Crumble Topping:

2 1/4 cups rolled organic oats
3/4 cup organic flour (I used sprouted spelt)
3/4 tsp sea salt
1 tsp cinnamon
3/4 cup organic sugar (brown or coconut)
3/4 cup organic butter

Method: Preheat oven to 350°F. Combine the peaches with corn starch and maple syrup in a large bowl. Pour into a 9" X 13" baking dish.

Using the same bowl you just did for the peaches, combine the oats, flour, salt, cinnamon and sugar. Cut the butter in a with a pastry cutter or your hands until every piece of oat is mixed with the butter. Sprinkle onto the peaches and bake in the oven for about 25 minutes.

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