

Berry Crumble

When we invite company to our home, the most typical dessert I will serve is a berry crumble. You can combine any combo of fruit (blueberries, peaches, apples, or pears) with any type of nut (pecans, almonds, walnuts, hazel nuts, pistachios, or macadamias) and not only is it delicious, but it is also loaded with brain-boosting nutrients. If you want a touch of extra sweetness, you could add a few tablespoons of a natural sweetener, such as Xylitol, but honestly, I don't think you'll need it.

Prep Time: 15 minutes

Baking Time: 15 minutes

Serves: 4-6

Ingredients:

1/3 cup port wine

1 tablespoon organic lemon zest (about 1 lemon)

1 medium lemon, juiced

2 tablespoons quick-cooking tapioca

1/4 teaspoon ground cinnamon

2 medium bosc pears, cut into $\frac{3}{4}$ inch cubes

2 cups blueberries (fresh, or frozen)

2 cups raspberries (fresh, or frozen)

1/2 cup pecans, chopped

Directions:

Preheat oven to 350° (F).

In a saucepan, combine port, lemon juice, lemon zest, tapioca, and cinnamon. Bring to a gentle boil, then reduce heat to a simmer. Add the cubed pears and simmer for 4 minutes. Add berries and remove from heat.

While the above sauce is simmering, heat a small sauté pan to medium heat. Toast the pecans until warm and fragrant, but stop before they brown.

Pour fruit sauce into a pie plate. Sprinkle toasted pecans over the fruit. Bake for 15 minutes and serve in bowls.

Enjoy,

Steven Masley, MD