

## **Blackberry Crumble, Gluten Free**

*Here is a dish for a special occasion that is quick, easy-to-prepare and tastes delicious!*

*Blackberries at the end of summer are amazing. In many regions, these bushes grow abundantly and far too often proliferate out of control; their spiky branches and shoots are annoying and painful to eradicate. Yet in August when their berries ripen—all seems forgiven.*

*If you are unable to pick blackberries yourself when they are ripe and sweet, you may have to add sugar to compensate for the typically unripe ones sold in grocery stores, which is reflected in the recipe below.*

*Blackberries are loaded in nutrients, even if not fully ripe. Per cup, they have nearly 8 grams of fiber, 2 grams of protein, only 62 calories, plus they are a good source of vitamin C, manganese, and vitamin K.*

*When I see blackberries at their peak towards the end of summer I think of this recipe, yet you could make this with frozen berries any time of year, just let the berries thaw and save the juice from the berries to add to the berry filling in this recipe.*

*Please keep in mind that for health reasons I suggest that you reserve desserts with sugar and ice cream for special occasions—although you could eat blackberries by themselves without the added sugar every day and that would be super healthy!*

*If you want this dish dairy free, use ghee (clarified butter) instead of butter—ghee has no dairy protein which is the cause of most dairy allergic reactions. And if you serve it with ice cream or whipped cream, choose a dairy-free option.*

**Prep Time:** 10-15 Minutes

**Baking Time:** 30-35 Minutes

**Serves:** 6-8

### **Berry Filling:**

4-5 cups (18-20 ounces) blackberries (rinse berries and drain, discard damaged berries)

1-3 tablespoons brown sugar

### **Crumble Topping:**

2/3 cup organic rolled oats

2/3 cup chopped nuts (I suggest pecans, almonds, or walnuts: pick what is handy)

2-3 tablespoons dark brown sugar

1 teaspoon ground cinnamon

1/16 teaspoon sea salt

3 tbsp organic ghee (or organic butter, softened)

### **Directions:**

Preheat oven to 375°F (190°C).

In a pie dish, gently combine blackberries and sugar.

Next in a medium sized bowl, combine rolled oats, sugar, cinnamon, salt, ghee and mix.

Evenly spread the crumble topping over the blackberry mixture. Bake on a middle oven rack until the topping is lightly brown and blackberries are bubbling, about 30-35 minutes.

Let cool for 10-15 minutes before serving.

Optionally, serve with organic vanilla ice cream.

Enjoy!

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