



The Wholeness Chef

Blueberry Crumble

My husband begs me to make this recipe on almost a weekly basis. This dish focuses on brain health. There's been good research about blueberries helping to improve memory, thanks to their potency in antioxidants and anthocyanins. It's also super delicious, so we hope you enjoy this recipe as much as we do.

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

Filling:

- 5 cups fresh or frozen organic Blueberries
- 1 Tbsp Tapioca Starch or Arrowroot Starch
- 1 Tbsp Coconut Sugar or Organic Turbinado Sugar

Crust:

- 3 Tbsp Tapioca Starch
- 1 1/2 cups Gluten Free Quick Cooking Oats
- 2-4 Tbsp Coconut Sugar or Turbinado Sugar
- 1/2 Tsp Salt
- 1/4 Tsp Ground Cardamom
- 1/3 cup Non-Hydrogenated Palm Shortening or Grass-Fed Organic Butter

Directions:

1. Preheat oven to 350°F.
2. To a medium bowl add the blueberries, tapioca starch and sugar. Mix until blueberries are coated.
3. Transfer blueberries to an 8 x 8 baking pan
4. For filling: In a food processor add in oats, tapioca starch, sugar, salt and cardamom. Pulse 1-2 times until incorporated.
5. Add in palm shortening and pulse until mixed completely and dough slightly sticks together when pressed between fingers. If too dry, add additional Tbsp of palm shortening.
6. Add crumble over blueberries.
7. Bake for 45 minutes to 1 hour until filling is bubbling and crust is lightly browned.