



Stovetop Berry Crisp

Ingredients

For the Streusel:

- ½ cup flour
- ¼ cup oats
- ¼ cup minced seeds (Sunflower, pumpkin, etc. Can use nuts if not allergic)
- ¼ cup light brown sugar
- ⅛ teaspoon salt
- ¼ teaspoon cinnamon
- 4 tablespoons unsalted butter

For the Berry Filling:

- 1 cups mixed berries, fresh or frozen
- ¾ teaspoon corn starch
- ¾ Tablespoon maple syrup
- 1 teaspoon water
- ¾ teaspoon freshly squeezed lemon juice

DIRECTIONS:

For the Streusel:

- Combine flour, seeds, oats, brown sugar, salt, and cinnamon in a small bowl. Melt butter in 10-inch nonstick skillet over medium heat. Remove from heat and stir in flour mixture until moistened and mixture forms small clumps. Return to low heat and cook, stirring frequently, until streusel is golden brown and well toasted, 6 to 9 minutes. Transfer streusel to large plate to cool. Streusel can be made up to 5 days ahead. After cooling completely, store in an airtight container at room temperature.

For the Berry Filling:

1. Toss the berries with corn starch. Add the berries to a small saucepan with the maple syrup, and water. Cook over medium-high heat, stirring, until the berries begin to breakdown and thicken, 3-5 minutes. Stir in lemon juice and place the berries into a small bowl.
2. Sprinkle the struesel over top of the berries and serve