

Peach Crisp

4 cups fresh peaches peeled and sliced
¼ cup honey
1 tsp cinnamon
Pinch of clove powder

Topping:

3 cups oatmeal
½ cup oat flour
½ cup sunflower seeds
½ cup unsweetened shredded coconut
¼ cup maple syrup
¼ cup coconut oil
1 tsp cinnamon
¼ tsp salt

Blend 1/2 cups of the peaches with the honey, cinnamon and cloves until smooth. Combine with the remaining peaches in an 8x8 inch glass dish.

Combine all ingredients for the topping and mix well. Spread on a baking sheet lined with parchment paper and bake at 350 for about 20 minutes until lightly browned. Spread over the peaches and enjoy. This can be spread on the peaches before baking and baked with the peaches if desired.

Recipe by Jo Francks