



## All Season / Ziba / Healthy Fruit Crumble

Preparation Time 20 minutes | Cook Time 50 min | Serves 8-10

The easiest, most delicious (and nutritious!) crumble which works with dozens of fruit combinations. Low in added sugar, and high in protein and deliciousness.

### Ingredients

#### *Filling*

- 2-3 pounds fresh fruit cored and cut into bite size pieces (we love blueberry/green apple, plum and peach, strawberry and rhubarb, pear, and blackberry)
- 2 tablespoons lemon juice
- 1/4 cup muscovado sugar (omit or lessen if your fruit is prime ripe)
- 1/4 cup arrowroot starch (or tapioca, potato, etc.)

#### *Topping*

- 4-5 Ziba sun-dried figs, diced
- 1/2 cup Ziba dried white mulberries (whole)
- 1/2 cup Ziba Shakhurbai (roasted and salted) or Gurbandi (raw) almonds, loosely chopped
- 1/4 cup Ziba roasted and salted apricot kernels, loosely chopped
- 1/4 cup Ziba roasted and salted baby pistachios, loosely chopped
- 1/3 cup rolled oats
- 3 tablespoons teff flour (or sorghum, millet, buckwheat or wheat flour)
- 3 tablespoons coconut oil or another fat (at room temperature)
- 2 tablespoons powder sugar
- 1 teaspoon cinnamon
- 1 teaspoon ground cardamom
- 1/2 teaspoon sea salt

### Equipment

Bowl

Silicone spatula

9" x 9" square baking dish (ceramic or glass is best)

### Instructions

1. Preheat your oven to 365 degrees Fahrenheit (185 degrees Celsius)
2. In a bowl, combine the fresh fruit with lemon juice, sugar and flour. Lightly mix and pour into an unprepared pan.
3. Using your same mixing bowl, combine all the topping ingredients and gently mix until well blended.
4. Spoon the topping over the fresh fruit mixture, covering evenly from end to end.
5. Bake in the oven for 50 minutes. You want to see the crumble bubbling well before it's done. Let cool fully before serving!

\* If you don't have the exact combinations of dried fruit and nuts above you can modify (we do!). Get a good balance of nuts and dried fruit equally close to 2 cups.

\*\* The mulberries will likely appear quite brown while cooking; this is ok—they will taste amazing! But turn down the temperature by 5 degrees F if they seem to be black.