



MIXED BERRY CRUMBLE

By Dr. Cindy Tanzar
(Special Occasions)

Bursting with juicy blackberries, blueberries, and raspberries, this low-carb Mixed Berry Crumble is a refreshing and wholesome dessert for special occasions. Topped with a buttery almond flour and pecan crumble, it's the perfect balance of sweet, tart, and satisfying—especially when served with a dollop of whipped cream.

Makes 8 servings.



INGREDIENTS

For the Filling:

2 cups fresh blackberries

1 cup fresh blueberries

1 cup fresh raspberries

3 Tbsp Swerve, Monkfruit or Allulose (or more if berries are tart, to taste)



1/4 tsp. xanthan gum (healthy baking aisle)
Juice and zest of 1/2 lemon

For the Crumb Topping:

1 cup blanched almond flour
1/3 cup pecans, chopped
1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg (or more cinnamon)
1/4 cup (4 Tbsp) Kerry Gold butter, melted
1/4 cup Swerve Brown

INSTRUCTIONS

Preheat oven to 375°F. Grease an 8x8 ceramic or glass baking dish or 8-1/2 to 9-inch glass or ceramic pie plate.

Mix the Swerve and xanthan gum in a cup and set aside.

Add the berries, lemon juice and zest to a large bowl and sprinkle with Swerve mixture, tossing gently until coated. Pour into a buttered dish.

In a separate bowl, add the almond flour, pecans, cinnamon and nutmeg into a bowl, mixing well.

Mix in the melted butter and Swerve Brown, using your hands or a fork to combine. Sprinkle the crumble over the apples.

Bake for 30 minutes. Tent with foil around 20-25 minutes to prevent overbrowning, if needed.

Serve with organic heavy whipped cream, which is great with 1 Tbsp vanilla & liquid stevia, to taste.