

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Fabulous Fruit Crisp

- 4 cups apples and/or pears, sliced into bite-size pieces
- 3 to 4 cups frozen fruit (blueberries, raspberries, blackberries, peaches, cherries)
- ¼ cup unsweetened nut or seed butter
- 1 teaspoon cinnamon
- ¼ teaspoon liquid stevia (or ½ teaspoon pure monk fruit extract or ¼ cup liquid honey)
- ½ cup coconut beverage

### Toppings

- 1½ cups unsweetened coconut flakes
- 1 cup unsweetened nut or seed butter
- 1 cup hemp hearts
- 1 cup raw sunflower seeds
- 1 cup raw pecans or pumpkin seeds
- 1 tablespoon cinnamon
- ½ teaspoon unrefined pink salt
- 1 teaspoon pure monk fruit extract (or ½ cup raw honey)

### Directions:

1. Preheat the oven to 325°F.
2. In a 13- x 9-inch baking dish, mix together all of the fruit, the nut butter, cinnamon and stevia. Top with the coconut beverage.
3. In a large bowl, mix together all of the topping ingredients until well combined. Evenly spread the topping mixture over the fruit base.
4. Bake for 50 minutes, or until the topping begins to turn golden brown.
5. Serve immediately or cool completely. Store, covered, in the fridge for up to 5 days or in the freezer for up to 1 month.

Serves 10.

*Vegan Option: Omit the honey.*



This recipe is printed with permission from Julie's upcoming book, *Becoming Sugar-Free*, September 2021 (Penguin-Random House Canada)

Episode #42: Healthy Holiday Desserts

Email Lynn with questions or comments at [lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

Julie Daniluk, R.H.N.

Nutritionist and TV personality, Julie Daniluk is the award-winning, bestselling author of *Meals That Heal Inflammation*, *Slimming Meals That Heal & Hot Detox*. Julie has appeared on hundreds of television and radio shows, including *The Dr. Oz Show*. She is in her 11th season as a resident expert for *The Marilyn Denis Show*. Check out more information at [juliedaniluk.com](http://juliedaniluk.com) and connect with her on Facebook, Instagram and Pinterest @juliedaniluk

**Because What You Put In Your Body Matters!**