

Health-ier Recipe of the Week

Use Organic ingredients whenever possible.

Peach and Raspberry Crumble

From www.joythebaker.com

Makes 1 8x8-inch square baking dish

5-6 medium peaches, sliced

1 cup fresh raspberries (if using frozen, just thaw and drain)

1 cup whole spelt flour

1 cup unrefined sugar such as Sucanat, Turbinado (sugar in the raw) or Demerara

$\frac{3}{4}$ cup old fashioned oats

1 tsp ground cinnamon

$\frac{1}{8}$ tsp ground allspice

Pinch of salt

$\frac{1}{2}$ cup (1 stick) unsalted butter, chilled and cut into small cubes

1. Place rack in the center of the oven and preheat to 350 degrees. Place sliced peaches and raspberries in a square 8x8-inch baking dish and set aside.
2. In a medium bowl, whisk together flour, sugar, oats, spices and salt. Add the butter and toss the mixture together with your hands. Break the butter up into the flour mixture until the butter is the size of small pebbles and oat flakes. This will take about 4 minutes.
3. Toss a generous handful (about 1 cup) of crumble topping into the peach and raspberry mixture. Toss loosely with your hands. Spread fruit evenly in the pan and top with the remaining crumble mixture. Bake until fruit is juicy and bubbling, and the top of the crumble is slightly browned and crisp, about 30 minutes.
4. Remove from the oven, let cool slightly, and serve with organic vanilla ice cream if desired. Crumble is delicious served warm and can be stored, covered, in the fridge and reheated in the oven for serving.