

Blueberry, Strawberry, Raspberry, Oatmeal Crisp

Makes 12 Servings – Serving Size: 1 piece

Ingredients:

1 tablespoon	Chia Seed
1	Orange – zest
4 cup	Blueberries – rinsed
1 cup	Raspberries – rinsed
1 ½ cup	Strawberries – rinsed and quartered
2 tablespoons	Raisin reduction
3 ounces	Unsweetened Almond Milk
1 tablespoon	Raisin reduction
2 cup	Quick Oats
¼ cup	Gluten Free Flour
2 tablespoons	Flax seed, ground
1 teaspoon	Baking Powder
1 teaspoon	Baking Soda
½ teaspoon	Salt

Procedure:

In a large mixing bowl, combine and mix well the berries, chia seed, zest, and two Tablespoons of raisin sugar substitute and pour into a glass 9”x13” baking pan. In the same bowl, combine and whisk together the almond milk and one tablespoon raisin sugar substitute. In a large mixing bowl, combine remaining six dry ingredients and whisk together to thoroughly mix. Add the combined wet mixture to the dry and mix well to make crumb topping. Sprinkle on top of fruit mixture. Bake in a pre-heated 400 degree oven for 25 minutes. Remove, let set for 15 minutes and serve.

Nutritional Information per Serving:

Calories: 120	Sodium: 240mg	Sugars: 9g	Cholesterol: 0mg
Saturated Fat: 0g	Fiber: 4.25g	Protein: 4g	Carbohydrate: 25g

Chef Notes:

- Mix well to thoroughly incorporate Chia seed and prevent from clumping.
- Can use whole wheat flour instead of gluten free flour.

Created by Jim Perko CEC, AAC

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1. Combine berries, orange zest, chia seed, and 2 T of raisin reduction. Mix well and spread in pan.



2. Mix dry ingredients with remaining raisin reduction and almond milk for topping.



3. Berry Crisp before baking.



4. Finished product.

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Raisin Reduction

Makes 12 servings – Serving Size: 1 Tablespoon

Ingredients:

2 cups golden raisins
2 cups water

Procedure:

Place raisins and water in covered saucepan and simmer on low heat until approximately 3 tablespoons of water remain. (About 13-15 minutes). Let cool. Blend in blender. Stop, scrape sides of blender. Keep blending until raisins have been fully pureed' and smooth.

Nutritional Information per Serving:

Calories: 40	Sodium: 0mg	Sugars: 8g	Cholesterol: 0mg
Saturated Fat: 0g	Fiber: 1g	Protein: 0g	Carbohydrate: 11g

Created by Jim Perko CEC, AAC

Chef Notes:

- **This raisin reduction recipe is a great way to sweeten recipes without adding processed sugars. Raisins also contain dietary fiber, protein and antioxidants.**