



Ashley's Meal Prep Monday!



Pear Crisp

INGREDIENTS

4 medium pears - peeled
and thinly sliced
1/4 cup coconut sugar
2 TBSP melted vegan
butter
1/2 TSP cinnamon -
divided
1 cup GF old fashioned oats
1/4 cup unsweetened
coconut flakes
1/2 cup GF all purpose
baking flour
1/2 cup chopped pecans
1/3 cup melted coconut oil
1/4 cup maple syrup

Preheat oven to 375 and grease a 9x13 baking dish with vegan butter, coconut oil, or baking spray. In a medium bowl, add pear slices, vegan butter, coconut sugar, and 1/4 TSP cinnamon. Mix together and transfer to the baking dish.

In the same medium bowl, no need to wash, add the oats, coconut flakes, flour, pecans, coconut oil, maple syrup and remaining 1/4 TSP cinnamon. Stir with a spoon then transfer the mixture onto the pears in an even layer, pressing down with the back of the spoon to flatten.

Bake uncovered for 35-40 minutes, or until browned and bubbling. Remove from oven and set aside to cool.

Top with vanilla ice cream or caramel sauce! Also, best served warm.



Recipe: veggiechick.com

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