

Apple Pear Crisp

Filling Ingredients:

3 fresh pears cut into 1/2-inch diced pieces
4 Granny Smith Apples cut into 1/2-inch diced pieces
3/4 cup maple syrup
1 tablespoon arrow root powder
¼ teaspoon sea salt
1 teaspoon cinnamon
Pinch of nutmeg

Topping Ingredients:

1 1/2 cups **Wellness Forum Health Multi Grain Cereal**
1/4 cup maple syrup
1/4 cup unsweetened applesauce
½ teaspoon cinnamon
Pinch sea salt – optional

Directions for Filling:

- Preheat the oven to 375 degrees.
- Combine the pears, apples and 1/4 cup maple syrup in a large sauce pan. Cook over medium heat, stirring occasionally until the pears are tender, about 10-12 minutes.
- Combine the remaining 1/2 cup maple syrup, arrow root powder, sea salt, cinnamon, and nutmeg in a medium bowl. Whisk well to combine.
- Add the maple syrup, arrow root mixture to the fruit and cook over low heat until thickened.
- Remove the pears from the heat and add them to a 9x13 inch baking pan.

Directions for Topping:

- Combine the cereal, syrup, cinnamon, and sea salt and spread over the filling.
- Sprinkle the raspberries over the top and gently pat into the topping.
- Place in the oven and bake 30 minutes, until bubbly.