

Cherry Crisp

Filling:

8 cups sour cherries

2 cups cane sugar

½ cup arrow root flour

½ teaspoon sea salt

- Combine all of the above ingredients in a bowl and spread in a 9x13inch pan
- Preheat the oven to 350 degrees

Fruit Crisp Topping:

2 cups Wellness Forum Health Multigrain Cereal

1/2 cup maple syrup

½ cup applesauce

- Mix well in a bowl then spread over the fruit filling.
- Bake for 40-45 minutes until bubbly