

Blueberry, Strawberry, Raspberry, Oatmeal Crisp

Makes 12 Servings – Serving Size: 1 piece

Ingredients:

4 cups	Blueberries, fresh, rinsed and drained
1 cup	Raspberries, fresh, rinsed and drained
1 ½ cups	Strawberries, fresh, rinsed, drained, and quartered
1 tablespoon	Chia seed, ground if possible
1	Orange, zested
3 tablespoons	Raisin reduction, divided (see recipe attached)
3 ounces	Almond milk, unsweetened, unflavored
2 cups	Quick oats
¼ cup	100% Whole wheat or 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, mix the berries, chia seed, orange zest, and two tablespoons of raisin reduction and pour into a glass 9”x13” baking pan and spread evenly. In the same bowl, combine and whisk together the almond milk and one tablespoon raisin reduction. In a separate large mixing bowl, combine the remaining six dry ingredients and whisk together until thoroughly mixed. Add the combined wet mixture to the dry and mix well to make a crumb topping. Sprinkle on top of the fruit mixture and bake in a pre-heated 400°F 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:

- Grind chia seed in a blender or spice grinder to may help to increase benefit absorption.
- Frozen berries can be substituted for fresh to reduce recipe cost.
- To increase calories, add up to double the amount of chia and flax seed.
- This is delicious warm or cold, and for breakfast, a snack, or dessert.

Created by Jim Perko CEC, AAC

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Combine the berries, chia seed, orange zest, and two tablespoons of raisin reduction and pour into a baking dish



Combine the wet ingredients with the remaining dry ingredients to make the crumb topping



Place the topping over the berries and bake at 400° F for 25 minutes



Enjoy! This is delicious warm or cold and can be eaten as either breakfast, brunch, or a dessert!

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Raisin Reduction

Makes 1 ½ cups or 24 Tablespoons Serving Size: 1 Tablespoon

Ingredients:

2 cups golden raisins
2 cups water

Procedure:

Place raisins and water in a saucepan. Bring to a boil over medium-high heat then reduce to a medium-low heat. Simmer uncovered until approximately 3 tablespoons of water remain. (About 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.
- Store in small containers in the freezer and take out as needed. Will keep for 3 months.



Mis en Place



Combine equal parts raisins and water in a pot



Simmer for about 15 minutes uncovered



Reduce until about 3-4 tablespoons liquid remain



Place the raisins and remaining liquid into a blender and blend until smooth, stopping to scrape the sides of the blender occasionally



Store in the fridge or freeze up to 3 months in small increments and take out as needed

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