



**BAUMAN
COLLEGE**
HOLISTIC NUTRITION
AND CULINARY ARTS

Sunshine Fruit Crisp

with Green Tea Syrup

This fruit crisp is full of heart protective foods. The fruit has healthy fiber and vitamins and the green tea is full of antioxidants that protect the arteries and cells from free radical damage. Oats are high in fiber, which binds to excess cholesterol and flushes it from the body. The walnuts add a source of healthy omega-3 fats.

Ingredients:

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|--------------------------|---------------------------------|
| 6 large peaches, sliced | ½ tsp ground cinnamon |
| 2 cups fresh blueberries | ½ tsp ground ginger |
| 2 Tbs lemon juice | 1 pinch salt |
| 1 Tbs lemon zest | ¾ cup walnuts, coarsely chopped |
| 1 Tbs grated ginger | ¾ cup rolled oats |
| ½ cup water | 1 Tbs raw honey |
| 2 bags green tea | 2 Tbs fresh orange juice |
| 2 Tbs raw honey | |

Procedure:

1. Preheat the oven to 350° F.
2. Toss the peaches and blueberries with the lemon juice, zest, and ginger in a large mixing bowl.
3. Bring the water to a light simmer. Turn off the heat and add the tea bags. Steep for 5 minutes. Remove the tea bags and stir in the 2 Tbs of honey. Add the tea to the fruit mixture and mix gently. Transfer to a 9 x 13 inch baking dish.
4. In a small bowl, combine the spices, salt, walnuts, and oats. Drizzle mixture with the honey and orange juice and mix well. Sprinkle evenly over the fruit.
5. Bake uncovered for about 30 minutes until it is bubbly and the top begins to brown. Serve immediately.

Servings: 12

Bauman College offers professional certificate programs for
Nutrition Consultant or Natural Chef

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