

Carolyn's Berry Crisp

Cook time: 35 min.

Yield: 8 servings

Ingredients:

5-6 cups blackberries or other berries

3 tablespoons tapioca or 1 T. cornstarch & 1/4 C. juice

1/4 cup sugar

1 teaspoon cinnamon

1 1/2 tablespoons lemon juice

1 tablespoon butter optional

TOPPING

1 cup quick cooking oatmeal

1/2 cup plain or toasted wheat germ

1/2 cup whole wheat flour

2 teaspoons cinnamon

1/4 cup brown or turbinado sugar

1/2 teaspoon salt

1/2 cup canola oil or coconut oil



Directions:

Preheat oven to 350 degrees.

Mix berry mixture until you have enough to fill a greased 9" x 13" baking dish.

Mix the berries in a bowl with lemon juice, cinnamon, tapioca and sugar .

Return them to the baking dish, adding enough water or apple juice to cover the bottom.

Mix topping in a bowl and press onto top of berries.

Bake for 35 minutes, or until topping turns light brown.