



Cherry Walnut Crumble

Ingredients:

Cherry Filling

- 4 cups cherries, fresh or frozen
- 1 tsp cinnamon
- 1 tsp vanilla

Crumble Topping

- 3/4 cup rolled oats
- 1/4 cup walnuts, chopped
- 2 TBSP maple syrup
- 2 TBSP coconut oil
- 1 tsp cinnamon

Directions:

1. Preheat oven to 350 F
2. In a small bowl, combine cherries, vanilla, and cinnamon; Transfer mixture to baking dish
3. In a medium bowl, combine oats, walnuts, maple syrup, coconut oil, and cinnamon
4. Spread crumble topping on cherry mixture; Bake for 25-30 minutes or until lightly brown
5. Enjoy!

Cookware needed:

- Cutting board
- Small bowl
- Medium Bowl
- Baking dish

Cost: \$ \$ Ease: 

Cherries are packed with antioxidants like vitamin C which fights harmful substances in the body. **Walnuts** are rich in omega-3 fatty acids which support both brain and heart health and reduce the risk of chronic disease. **Oats** are a great source of whole grains and fiber which helps us stay fuller for longer.