

SINGLE SERVE CHERRY CORNMEAL CRISP

Try this recipe with any seasonal fruit for a personal and delightful summer dessert! Cherries offer many health benefits, including help with insomnia, gout, and joint pain!

RECIPE

1/2 cup pitted cherries (about 10)
1 tbsp rolled oats
1 tbsp cornmeal
1 tbsp honey
1/2 tbsp butter or coconut oil
1/4 tsp corn starch
Pinch of salt
Dash of cinnamon

Preheat oven to 350 degrees. In a small mason jar (about 4 oz), combine fruit, 1/2 tbsp honey, and cornstarch. Mix to combine. In a small bowl, combine oats, cornmeal, the other 1/2 tbsp honey, butter/coconut oil, dash of cinnamon, and pinch of salt. Mix with your hands until you get a crumbly texture. Top fruit with cornmeal mixture. Bake for 15 minutes until browned on top and fruit is tender. Enjoy!

Tip: Swap the cherries for peaches! Yum!

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