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
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!
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

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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