

Mango-Raspberry Coconut Crisp

4 servings



This dessert (or breakfast!) has it all: Color, bright flavors, and a bit of crunch, plus potassium, fiber, and Vitamins A and C. It takes a few minutes to assemble from your freezer and pantry. Serve with a dollop of Greek yogurt.

INGREDIENTS

- ½ cup (45 g) **old-fashioned rolled oats**
- 3 tablespoon (15 g) **unsweetened shredded coconut**
- 2 tablespoons (28 g) **coconut sugar** (may substitute turbinado or dark brown sugar)
- ¾ teaspoon **ground cardamom**
- ¼ teaspoon **kosher salt**
- 2 tablespoons **extra virgin coconut oil**, melted
- 20 ounces / about 2½ cups (566 g) **frozen mango chunks**, preferably organic, defrosted
- 11 ounces / heaping 1½ cups (about 115 g) **frozen raspberries** (not defrosted)
- 2 tablespoons **maple syrup** or **date syrup** (silan)
- 1 tablespoon **cornstarch**

DIRECTIONS

1. Preheat the oven to 350°F.
2. Whizz or pulse the 2 tablespoons of the **rolled oats** in a spice grinder or a mini-chopper and until finely ground.
3. Transfer to a medium bowl, then add the remaining 6 tablespoons of **rolled oats**, the **shredded coconut**, **sugar**, ¼ teaspoon of the **cardamom**, and the **salt**. Add the **melted coconut oil** and use your fingers to work the mixture together, coating it evenly, to form a crumbly topping.
4. Toss the **defrosted mango** with the **syrup**, **cornstarch**, and the remaining ½ teaspoon of **cardamom**. Add the frozen **raspberries** and gently toss to incorporate.
5. Transfer to a shallow, 4-6 cup baking dish. Sprinkle the coconut-oat mixture evenly over the top and bake until the fruit has become juicy, and the topping is browned and crisped, about 45 minutes.
6. Let the crisp rest at room temperature for a few minutes before serving.



Variation: Use 5½ cups of mixed fresh berries instead of the mango-raspberry combo; cut any larger berries down to the same size as the other berries