



A Recipe from



DR. SINATRA'S

BLUEBERRY CRUMBLE

[Blueberries](#) and [apples](#) are a great combination for a wonderful, warm crisp that can be made in a snap. They are loaded with antioxidant vitamins C, A, and E and minerals such as selenium and zinc, all of which boost your [immune system](#). Walnuts add a crunchy texture and are rich in essential ALA, the plant-based form of [omega-3 fatty acids](#).

Choose organic produce whenever possible

- 4 large green apples, peeled, cored, and cut into thin wedges
- Juice of ½ lemon (about 1 tablespoon)
- ¼ cup filtered water
- 1 teaspoon grated lemon rind
- 2 tablespoons organic honey, divided
- 2 cups blueberries, fresh or frozen
- ½ teaspoon [cinnamon](#)
- ¼ teaspoon mace (optional)
- ⅔ cup [almond](#) flour
- ½ cup rolled oats
- ¼ cup butter
- 1 teaspoon organic honey
- 1 cup walnuts

Preheat the oven to 350°F. Grease an 8-inch square baking dish with butter. To make filling: toss the apples, lemon juice, water, lemon zest, and 1 tablespoon of the honey into a medium saucepan and cook, covered, for 5 minutes, over low heat. Remove the lid and simmer on high for another 5 minutes. Remove from the heat, add the blueberries, cinnamon, and mace to the pot, and let sit for about 10 minutes, until the blueberries soften and flavors meld. Drain the fruit of its juices in a sieve and set the fruit aside in a small bowl. Pour the juice back into the saucepan, adding the remaining tablespoon of honey, and simmer until reduced down by half. Retain this syrup for later. Cool the fruit in the refrigerator. Topping: in a food processor, add the almond flour, rolled oats, butter, honey, and walnuts and blend until chunky crumbs are formed. Refrigerate the crumble for 10 minutes. When the fruit has cooled, place the fruit into a baking dish and top it with the crumble. Bake for 20 minutes. Serve warm. Serves 4.

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