

Dr. Andrew Weil's Cortes Mixed Berry Crisp



MAKES 8-10 SERVINGS

(pg. 204 in Dr. Weil's True Food cookbook)

½ cup evaporated cane sugar
2 tablespoons arrowroot powder
8 cups mixed berries
½ cup (8 tablespoons) unsalted butter
½ cup almond paste
1 cup packed light brown sugar
½ cup all-purpose flour
½ cup whole wheat pastry flour
1 cup old-fashioned rolled oats

1. Preheat the oven to 350 degrees.
2. Whisk together the sugar and arrowroot in a large bowl. Add the berries and toss thoroughly to coat. Divide the fruit mixture among eight 6 to 8 ounce ramekins or spread in a 2-quart shallow baking dish.
3. To make the topping, put the butter, almond paste, brown sugar, and salt in a food processor. Pulse to combine. Add the flours and pulse 2 or 3 times to combine. Transfer the topping mixture to a bowl and fold in the oats. Cover the fruit with the topping.
4. Bake for 30 to 40 minutes, or until the fruit bubbles through the lightly browned topping. Serve warm, with vanilla ice cream or frozen yogurt, if desired.