

# ONE BITE

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*Vegan Magazine*

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VEGAN EATS  
IN LISBON,  
PORTUGAL



VEGAN  
JERKY UP  
FOR GRABS  
*from*  
VITAL EATS



VEGAN  
SALAD RECIPES  
*that* DON'T SUCK!



VEGAN  
ICE CREAM  
& POPSICLE  
RECIPES



SUMMER FRUIT  
» Recipes «

FOOD THAT  
LOVES YOU!

*Fermentation 101*

+ RECIPES

*Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY*





# SUMMER FRUIT!

There's simply nothing better than feasting on the fruity abundance that summer provides. Nectarines, peaches, apricots, melons, cherries and berries; it's truly a fruit-lover's paradise.

Now, feast your eyes and prepare your bellies for the ultimate summer fruit recipe collection.

## Healthy Berry Crumble

By Caitlin Shoemaker

This yummy Berry Crumble has a juicy berry filling and crisp crumble topping plus it's gluten-free, sugar-free, and made with only 7 healthy ingredients!

**PREP TIME:**

10 Minutes

**COOK TIME:**

30 Minutes

**YIELD:**

4-6 Servings

### INGREDIENTS

#### FOR THE CRUMBLE:

- ½ cup Almond Flour (not Almond Meal)
- ¾ cup Rolled Oats
- ½ tsp Salt
- ¼ cup Natural Almond Butter\*
- ⅓ cup Maple Syrup

#### FOR THE FILLING:

- 16 oz. Fresh or Frozen Berries (I used Strawberries & Blueberries)
- 1 tbsp Maple Syrup
- Juice of ½ Lemon
- ½ tsp Vanilla Extract





### INSTRUCTIONS

1. Preheat the oven to 350F and line an 8×8" baking tin with parchment paper.
2. Toss the fresh or frozen berries, maple syrup, lemon juice, and vanilla extract together in a large bowl, then spread this mixture evenly across the bottom of your baking tin.
3. Next, add the almond butter, maple syrup and salt to the same bowl (no need to rinse) and mix until evenly combined. Add the almond flour and oats to the bowl, then fold into the wet mixture. Stir well until no dry clumps are left – the mixture should be pretty thick!
4. Use your hands to crumble the wet dough over the top of the berry mixture. It helps to have your hands slightly moist for this step!
5. Bake for 30-32 minutes, or until the crumb topping is crisp and slightly browned. (If you used frozen fruit instead of fresh you may need an extra 5-10 minutes in the oven, as it holds more moisture). Let sit for 10 minutes to thicken, then serve warm. Leftovers will last at room temperature for up to 4 days or in the fridge for about a week.



Caitlin Ann Shoemaker

Caitlin is the creator of the blog *From My Bowl*. She currently lives in Miami, FL, and is a full-time blogger and content creator. She started *From My Bowl* in early 2016 because she's passionate about sharing the power of plants and believes that vegan food does not have to be expensive, complicated, and/or bland.

Visit her website: [frommybowl.com](http://frommybowl.com)

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