



Taste and Savor

1 Quick Recipe:

Summer Peach and Berry Crumble

4 TB Unsalted Butter
 ¼ Cup Coconut Sugar plus 2 TB, divided
 1 ¼ Cup Whole Wheat Flour, divided
 ½ Cup Finely Chopped Nuts (your choice), toasted
 1 Lb Ripe Peaches, peeled and cut into slices
 1 Lb Berries, coarsely chopped if large
 1 Large Lime, zested and juiced
 ½ tsp Cinnamon
 Plain or Vanilla Greek Yogurt

Step One Coat 9 x 12" casserole dish with oil. Preheat the oven to 350F.

Step Two Using a mixer, beat butter and ¼ Cup sugar until smooth. Add 1 Cup flour and nuts, beating until just combined and crumbly.

Step Three Place fruit in bowl and toss with zest and juice. Stir in remaining ¼ Cup flour, 2 TB coconut sugar and cinnamon.

Step Four Place the fruit in bottom of prepared dish. Sprinkle flour and nut mixture on top. Bake for 30 - 40 minutes or until brown and bubbly. Serve warm topped with a plop of the yogurt - the creamy dairy will make the crumble sing with flavor!

2 Kitchen Scoop

I use coconut sugar in this recipe for its rich flavor and color. Coconut sugar is a fun alternative to other sugars, but make sure to use it in recipes that are designed especially for it. It has a great deal more moisture and color than other sugars, so if you use it one-for-one in a recipe, the fin-

ished product will be darker and "wetter" than with another sugar.

3 Clever Idea

Use whatever fruit is in season in this recipe. Just remember that if you are using harder fruits like apples or pears, it needs to bake it a little longer to get the fruit soft. Cover the top of the crumble with aluminum foil after 30 - 40 minutes to ensure it doesn't get too brown.



4 Cheers!

Saracco Moscato d'Asti
Piedmont Region, Italy
About \$18

Slightly sparkling Moscato d'Asti drinks well with simple baked fruit desserts. Interestingly for an "old world" wine, or a wine that's made in Europe, this Italian wine is named for the grape and the place it is from; it's the Moscato grape and Asti is the place. Semi-sweet, and lower in alcohol than many other wines, it's intensely aromatic with light apricot and honeysuckle flavors.