**Ingredients:**

1/4 cup coconut sugar
1/3 cup raw walnut halves or pieces
2 tablespoons coconut flour
1/8 teaspoon salt

1/2 teaspoon cinnamon

2 tablespoons coconut oil, melted
1 teaspoon honey or agave

1/4 teaspoon vanilla extract
4 cups berries of choice (strawberries, blueberries, blackberries, raspberries, etc)

4 scoops dairy free vanilla bean ice cream (for serving)

**Directions:**

1. Blend the coconut sugar into a powder using your food processor or spice grinder.
2. Add the walnuts, and pulse 4 to 5 times to coarsely grind them.
3. Pour the sugar-walnut mixture into a medium bowl, and stir in the coconut flour, cinnamon, and salt.
4. Add the oil, honey or agave, and vanilla, and combine with a fork or pastry blender until coarse crumbs form and the ingredients are well-distributed.
5. Place the fruit in an 8x8-inch baking dish and sprinkle with the crumble mixture evenly.
6. Place in the refrigerator to chill for 10 minutes before serving.
7. Serve with one scoop vanilla ice cream on top per serving and enjoy!

**Prep Time: 10 minutes, plus 10 minutes chill time Cook Time: 0 minutes** **Total Time: 20 minutes**

**Servings: 4 Serving Size: ¼ of crumble with one scoop ice cream**

Copyright Meal Plans for Health, July 2013. All Rights Reserved.

**Tips and Tricks:**

 This is a super easy dessert that will leave your family and friends asking for more. You can substitute pecans for the walnuts if you prefer, but try the walnuts first.

\*If you are watching your sugars, you can cut out about 13 grams of sugar by using our Coconut Milk Whipped Cream instead of ice cream.

 **Nutritional Information Per Serving:**

**Calories: 297.3**

**Fat: 29.4 g**

**Cholesterol: 12.8 mg
Sodium: 67.4 mg
Total Carbohydrate: 33.5 g
Dietary Fiber: 7.3 g
Sugars: 23.4 g
Protein: 3.5 g**

**No Bake Berry Crumble**