

Apple Butternut Squash Pear Crisp

8 servings

Topping:

- 1 cup rolled oats
- 1/2 cup oat flour
- 1/4 cup chopped unsalted pecans
- 1/4 cup chopped unsalted walnuts
- 1/3 – 1/2 cup brown sugar
- 1 1/2 teaspoons cinnamon
- 1/8 teaspoon salt
- 6 tablespoons softened unrefined coconut oil or butter

Filling:

- 3 1/2 tablespoons brown sugar
- 2 tablespoons lemon juice
- 1 tablespoon freshly grated ginger
- 2 teaspoons pure vanilla extract
- 1 teaspoon cinnamon
- 1 small butternut squash
- 2 large apples
- 2 large pears
- 2 tablespoons oat flour



Directions

1. In a large bowl combine the oats, flour, nuts, sugar, cinnamon, and salt. Stir together. Add the softened (not melted) coconut oil and cut in with a fork. Use your fingers to fully incorporate the oil with the dry mixture. *Add a bit more oil if the mixture seems dry.* Set aside.
2. In another large bowl whisk the brown sugar, lemon juice, ginger, vanilla, and cinnamon together. Set aside.
3. Preheat your oven to 350° F.
4. Wash and peel the squash. Cut a 4-inch piece from the straight portion and slice thinly. You may use a spiralizer or julienne slicer if you have either, otherwise, slice thinly with a knife (1/8 inch thick). The remainder of the squash can be deseeded, cubed, and then roasted for a delicious side dish.
5. Wash apples and pears. Use a spiralizer if you have one or the thinnest setting on a mandolin, otherwise, slice thinly with a knife (1/8-1/16 inch thick). Place sliced fruit in the filling mixture bowl. Add the squash and toss gently to coat. Sprinkle with the oat flour and toss again to coat.
6. Grease a 9 or 10-inch deep dish pie pan or cast-iron skillet with coconut oil. Place the squash and fruit mixture in the pan. It should be just below the top of the pan. Sprinkle the topping mixture evenly over the fruit mixture and press down lightly.
7. Place in the oven for 40-50 minutes until golden brown in color.
8. Let cool for about 5-8 minutes then serve as is or with a scoop of ice cream.