

Frozen Berry Almond Crumble

Serves 6

Ingredients

- 600 g frozen mixed berries
- 2 T sugar
- 1 T cornstarch
- Zest of ½ orange
- 1 tsp vanilla

Crumble Topping

- 80 g almond flour
- 60 g all-purpose flour
- 70 g cold butter, cubed
- 50 g sugar
- Pinch salt
- 30 g sliced almonds



Instructions

1. Preheat oven to **170°C**.
2. Toss frozen **berries** with **sugar**, **cornstarch**, **zest** and **vanilla**.
3. Spread in baking dish.
4. Mix topping ingredients until crumbly; scatter over berries.
5. **Bake 35–40 minutes** until bubbling and golden.
6. **Rest 10–15 minutes** before serving.
7. Serve with **vanilla ice cream** or softly **whipped cream**.

Nutrition

Per Serving

Kcal: 400 | Protein: 5 g | Fat: 20 g | Sat. Fat: 9 g | Carbs: 50 g | Sugars: 30 g |
Fiber: 4 g | Sodium: 85 mg | Omega-3: 0.0 g

Total Dish

Kcal: 2,400 | Protein: 32 g | Fat: 120 g | Sat. Fat: 55 g | Carbs: 300 g | Sugars:
180 g | Fiber: 25 g | Sodium: 500 mg | Omega-3: 0.2 g