

## Breakfast Blueberry Crisp with Spiced Oat Topping

Betty Brown

Good for Vata and Pitta doshas, Kapha dosha in moderation

Serving size  $\frac{3}{4}$  cup

Ingredients:

2 tsp coconut oil or ghee to grease a 9 inch pie plate\*  
1/2c rolled oats +  $\frac{1}{2}$  tsp cinnamon to sprinkle on the bottom  
of greased pie plate

2 lbs fresh blueberries  
1 Tbsp. sugar (coconut, sucanat are also good options)  
1/2 tsp. ground cinnamon  
1 tsp. lemon zest  
1/2 tsp. real vanilla extract

2 cups of rolled oats  
2-3 Tbs. melted coconut oil or ghee \*  
2 Tbsp. sugar (coconut, sucanat are also good options)  
1 tsp. ground cinnamon  
1 tsp. ground cardamom  
1/2 tsp. ginger powder  
 $\frac{1}{4}$  tsp. ground nutmeg  
Pinch of salt  
1 tsp. real vanilla extract  
2 tsp. lemon zest  
 $\frac{1}{4}$  cup raw sunflower seeds, chopped (optional)

Preparation:

1. Preheat oven to 375 deg F
2. Prepare 9 inch pie plate by greasing it with oil, then adding to bottom of the pie plate oats and cinnamon.
3. In a medium size bowl, gently add and fold into fresh blueberries sugar, cinnamon, lemon zest, and real vanilla extract. Then add to pie plate.
4. In a medium size bowl, add oats, oil, spices, pinch of salt, real vanilla extract, lemon zest, sunflower seeds and mix well.
5. Place on top of blueberries.
6. Cover pie plate -with another pie or foil.
7. Bake for 30 min. covered.
8. Take off cover and bake for another 15-20 minutes until spiced oat topping is lightly golden brown. Let sit for 5 minutes. Enjoy!

\*For a vegan version, use coconut oil



Betty Brown, Clinical Ayurvedic Specialist  
B Well Ayurveda Health Coach, LLC  
[www.bwellayurveda.com](http://www.bwellayurveda.com) [betty@bwellayurveda.com](mailto:betty@bwellayurveda.com)



Blueberries are known to be a “superfood” loaded with nutrients our bodies need for optimal health. Here are a few benefits that blueberries offer.

- Contains anthocyanin, a flavonoid which gives blueberries many of their health benefits. Flavonoids have antioxidant and anti-inflammatory properties.
- Good source of fiber, 3.6 g per 1 cup ( 148 g).
- Blueberries are great for heart health, bone strength, skin health, blood pressure, diabetes, and mental health.
- One cup of blueberries offers 24 % of a person RDA of vit. C
- Blueberries support Pitta dosha since they have an astringent taste (Kashaya Rasa), known for wound healing and reducing blood sugar levels.

Resources:

<https://www.theayurvedaexperience.com/blog/blueberry-recipes-for-summer/>

<https://chopra.com/articles/8-surprising-benefits-of-blueberries>

<https://www.medicalnewstoday.com/articles/287710#benefits>

<https://www.health.harvard.edu/blog/10-superfoods-to-boost-a-healthy-diet-2018082914463>

Betty Brown, Clinical Ayurvedic Specialist  
B Well Ayurveda Health Coach, LLC  
www.bwellayurveda.com [betty@bwellayurveda.com](mailto:betty@bwellayurveda.com)

