



# TROPICAL FRUIT CRISP

Last minute guests drop by? Why serve store bought dessert when you can make these impressive individual crisps in under 3 minutes!

## Ingredients

### FILLING

- ½ cup finely diced pineapple
- ½ banana, sliced
- ½ cup diced ripe mango
- ½ tsp melted butter
- ½ tsp coconut sugar
- ½ tsp whole wheat flour
- Pinch each of cinnamon, nutmeg, salt and lime zest

### TOPPING

- ½ tsp ground flax seed
- 2 tsp coconut sugar
- 1 tbsp rolled oats (large flake)
- 1 tsp whole wheat flour
- 1 tbsp unsweetened flaked toasted coconut
- 1 tsp butter
- Pinch each of cinnamon, nutmeg and lime zest

### OPTIONAL

- Non fat or low fat Greek yogurt, for serving



## Instructions

- 1** In a small bowl, mix together ½ cup each of diced pineapple and mango, ½ sliced banana, ½ tsp each of melted butter, coconut sugar, whole wheat flour and a pinch each of cinnamon, nutmeg, salt and lime zest.
- 2** Transfer this to a small microwave safe ramekin and set it aside.
- 3** In another bowl mix together ½ tsp ground flax seed, 2 tsp coconut sugar, 1 tsp whole wheat flour, 1 tbsp each of rolled oats and unsweetened flaked toasted coconut, 1 tsp butter and a pinch each of cinnamon, nutmeg and lime zest. Sprinkle the crumble on top of the filling.
- 4** Place in the microwave and cook for 2 ½ minutes on HIGH.
- 5** Serve these beauties with a dollop of low fat Greek yogurt.