



Walnut Berry Crisp

to Boost Brainpower!

Looking to heighten your mental acuity? Maybe you're nearing retirement and want to stay sharp or just finding yourself too idle while quarantining? Harvard Health reports on [foods to boost brainpower](#), so we've found this head-over-heels recipe incorporating key brain-boosting ingredients, like walnuts, berries and flax seeds.

Ingredients

BERRY CRISP:

- 4 cups (about 20 ounces) fresh blueberries, rinsed
- 1½ cups (8 to 9 ounces) fresh strawberries, rinsed, hulled, quartered
- 1 cup (4 to 5 ounces) fresh raspberries, rinsed
- 1 tablespoon chia seeds
- 1 teaspoon orange zest (from 1 orange), finely grated
- 6 tablespoons unsweetened and unflavored almond milk
- 2 cups quick-cooking oats
- 1 cup walnuts, toasted, chopped
- ¼ cup gluten-free or whole wheat flour
- 2 tablespoons flax seeds, ground
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon kosher salt

Prep: 35 minutes

Cook: 1 hour

Serves: 12

Nutrition

Calories: 190

Total Fat: 8.5 g

Saturated Fat: 0.9 g

Protein: 5.1 g

Carbohydrates: 25 g

Total Sugars: 7.1 g

Dietary Fiber: 5.5 g

Sodium: 238 mg

RAISIN REDUCTION:

(makes 2 cups):

2 cups (~ 9.5 oz.) golden raisins

2 cups water

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Directions

1. For the raisin reduction: Combine the raisins and water in a large saucepan. Bring to boil over medium-high heat. Reduce to medium-low heat and simmer uncovered until about 3 to 4 tablespoons water remain, 15 to 18 minutes. Remove from heat and let cool to lukewarm.
2. Transfer the raisin mixture to a high-speed blender or food processor. Blend until an almost smooth puree forms, stopping occasionally to scrape down the sides of the blender or bowl, about 2 minutes.
3. For the berry crisp: Position the rack in the center of the oven and preheat to 400°F. In a large mixing bowl, combine all the berries, 2 tablespoons Raisin Reduction, chia seeds, and orange zest; toss gently to blend. Transfer to a 13-by-9-inch glass baking dish and spread evenly.
4. In the same bowl, whisk the almond milk and the remaining 1 tablespoon Raisin Reduction to blend.
5. In another large mixing bowl, combine the oats and all the remaining dry ingredients and whisk to thoroughly mix. Add the almond milk mixture to the oat mixture and stir to mix well for a crumb topping. Sprinkle the oat mixture evenly on top of the berry mixture. Bake until the topping is golden brown and the berries begin to juice, about 25 minutes. Remove from the oven and let stand for 15 minutes before serving.

View original recipe by: Walnuts.org

