

How to Make a Healthy Stone Fruit Crumble (VIDEO RECIPE)

[Comments \(0\)](#) September 12, 2012 | [Dr. Pamela Peeke](#)

Have a sweet tooth but worried about weight gain? Desserts don't have to be off-limits or unhealthy, says **Dr. Pam Peeke**, author of [The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction](#). Watch below as Dr. Peeke and [SPE Certified chefs Anthony Moraes and Natalia Hancock](#) teach you how to make a nutritional stone fruit crumble, without compromising the taste:



Dr. Pam Peeke (center) prepares healthy recipes with SPE Certified chefs Anthony Moraes (left) and Natalia Hancock (right).

WATCH: [More video interviews with Dr. Pam Peeke!](#)

What is SPE Certified? SPE Certified is a unique certification and consulting program designed to enhance the nutritional quality of meals, while maintaining great taste. The inspiration was born from the Latin phrase *Sanitas Per Escam*, which literally means "Health through Food." [Click here to learn more.](#)

Related: [Fatty Foods Addictive Like Cocaine?](#)

Dr. Peeke's new book for food addicts, *The Hunger Fix*, is packed with practical tips, useful advice and inspiring stories of those who have successfully transformed their bodies. She uses the latest neuroscience to explain how any food can become a "False Fix" and ensnare you in a vicious cycle of food obsession, overeating and addiction.

The book also features recipes exclusively created by SPE, and SPE Certified [Culinary Nutritionist Andrea Canada](#), that encourage you to take control of your nutrition with a holistic approach that focuses not just on the sourcing, preparing and enhancing of food.

Stone Fruit Crumble Recipe
Serves 4



Stone Fruit Crisp

4 cups chopped stone fruit (peaches, plums, apricots and nectarines) with skin
2 tsp sugar
1 tsp cornstarch
1 tbsp lemon juice
1 pinch salt

Crumble

1 tbsp butter
2 tsp sugar
1 tbsp sliced almonds
2 tsp whole wheat flour
2 tsp oats
½ tsp chia seeds
¼ tsp cinnamon

Directions

1. Toss chopped fruit with sugar, cornstarch, lemon juice and salt and place in baking dish (9×9 or individual ramekins).
 2. Combine all the ingredients for the crumble and combine well. Divide into 4 equal portions and top fruit.
 3. Bake at 350 for 30-40 minutes or until bubbly. Serve warm or at room temperature.
- *For more daily expert updates, follow genConnect on [Twitter](#) and [Facebook](#).*
 - *To stay on top of Dr. Pamela Peeke's latest posts, as well as the latest contributions from other experts on the site: [Sign Up for genConnect](#).*