

## **Raw Mango Pecan Crumble**

Hold off from turning on the oven because this bake-free crumble is the perfect summer dessert to warm the tummy, not the house. Besides saving time, energy bill finances, and nutrients, this raw recipe method is wholesome enough that I admit to welcoming any previously made leftovers as a breakfast delight the following morning.

While mangos are known as the “king of fruit” being the most popular fruit worldwide, their consumption remains a more infrequent treat in most of America. Ripe mango is succulent, melts in the mouth, and is similar in taste to nectarines. Select mangos that give slightly under gentle pressure with yellow to orange skins.

The crusts of fruit crumbles generally consist of what I call, “fluffy stuff,”—nutrient devoid white flour, butter, and refined sugar. My crust recipe is unique in that sticky dates, fragrant vanilla extract, and crunchy pecans are pressed together to form a soft and chewy, nutrient-rich edible “basket” which perfectly holds the mango within. Mmm... celebrating summer and nutrition has never tasted so sweet!

### **Raw Mango Pecan Crumble:**

Crust:

- 3 c. pecans
- 2 tsp. vanilla extract
- 3/4 tsp. sea salt
- 3/4 c. Medjool dates, pitted

Using a food processor, blend pecans, vanilla, sea salt, and dates until just crumbly. Press half the crust into a pie dish. Set aside the remaining half of the crumb mixture in another bowl to later sprinkle over the mango fruit. Any crumbs left within the food processor bowl can be left to add texture to the syrup recipe following.

Fruit Filling:

- 3/4 c. Medjool dates, pitted
- 2 tsp. vanilla extract
- 2/3 c. filtered water
- 4 ripe mangos, peeled, pitted, and cut into cubes -or- 6 c. frozen mango chunks

Place prepared mango into large mixing bowl. Process dates, vanilla, and water into a thick syrup and pour over mango. Scoop syrupy mango mixture onto crust. Sprinkle the remaining half of the reserved crust mixture over the mango.

Yield: 6-8 servings

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**Shopping List:**

- 3 c. pecans
- 1 1/2 c. Medjool dates (3/4 c. each for crust and filling)
- vanilla extract
- sea salt
- 4 ripe mangos -or- 6 c. frozen mango chunks

**Tips:**

While organic food is superior to conventional product in every capacity, mango is one of the top 10 clean produce items that is least likely to have pesticide contaminants. Knowing this, you may decide that it is in your best interest financially to invest instead towards purchasing the dirty dozen list of produce most laden with harmful chemicals since conventional mango poses less risk.

Consider adding 2 Tbsp. ground flax seed to the crust. Swap pecans with walnuts or another nut choice. Top the crumble with dried cranberries for color or add another fruit such as fresh strawberries with the mango.