

Low-Glycemic Summer Stone Fruit Crisp with Oat-Almond Topping

A blood sugar-friendly dessert showcasing fresh stone fruits beneath a crunchy whole grain topping. Natural sweetness meets fiber-rich ingredients for balanced indulgence.

Prep: 15 min

Cook: 50 min

Total: 65 min

Servings: 6

GL 16.3 / GI 49

Ingredients

Fresh stone fruit, moderate GI, high in fiber and antioxidants cherries, pitted and halved

Moderate GI (35-45), natural fruit sugars balanced by fiber mixed summer stone fruits (nectarines, peaches, apricots), peeled, pitted and sliced

Low GI alternative to white flour, adds fiber whole-wheat flour

Less refined than white sugar, use sparingly turbinado sugar or light brown sugar

Low GI (55), high in soluble fiber that slows glucose absorption old-fashioned rolled oats

Healthy fats and protein slow carbohydrate absorption, very low GI sliced almonds

Provides fiber and nutrients, lower GI than refined flour whole-wheat flour

Minimal added sugar for topping, less processed option turbinado sugar or light brown sugar

May improve insulin sensitivity and glucose metabolism ground cinnamon

Aromatic spice, negligible glycemic impact ground nutmeg

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Enhances flavor, no glycemic impact salt

Healthy omega-3 fats slow glucose absorption, zero GI walnut oil or canola oil

Lower GI (55) than sugar, use minimally for binding dark honey

Instructions

Step 1

Position your oven rack in the center and preheat to 350°F (175°C). Prepare a 9-inch square baking dish by lightly coating it with cooking spray or brushing with a thin layer of oil to prevent sticking.

Step 2

In a large mixing bowl, combine the halved cherries with the sliced stone fruits (peaches, nectarines, and apricots). Sprinkle 1 tablespoon whole-wheat flour and 1 tablespoon turbinado sugar (or your chosen low-GI sweetener) over the fruit, then gently toss with a spatula until the fruit is evenly coated. This light coating helps absorb excess juices during baking. For optimal blood sugar control, use allulose, erythritol, or monk fruit sweetener instead of turbinado sugar.

Step 3

Prepare the crisp topping by whisking together the rolled oats, sliced almonds, 3 tablespoons whole-wheat flour, 2 tablespoons turbinado sugar (or low-GI sweetener), cinnamon, nutmeg, and salt in a separate medium bowl. Mix thoroughly to ensure the spices are evenly distributed throughout the dry ingredients.

Step 4

Drizzle the walnut oil and dark honey (or yacon syrup or sugar-free syrup for better glycemic control) over the oat mixture. Using a fork or your fingertips, work the wet ingredients into the dry mixture until everything is well combined and the topping has a crumbly, cohesive texture. The mixture should hold together slightly when pressed.

Step 5

Transfer the prepared fruit mixture to your baking dish, spreading it evenly across the bottom. Sprinkle the oat-almond topping uniformly over the fruit layer, ensuring complete coverage for a golden, crunchy finish.

Step 6

Place the dish in the preheated oven and bake for 45 to 55 minutes, until the fruit is bubbling vigorously around the edges and the topping has turned golden brown. The aroma of cinnamon and caramelized fruit will fill your kitchen.

Step 7

Remove from the oven and allow to cool for at least 10 minutes before serving. This dessert is delicious served warm or at room temperature. For better blood sugar control, pair with a dollop of plain Greek yogurt or enjoy after a protein-rich meal. Each serving is approximately 1 cup, providing a moderate glycemic load of 16.3.