

## ALLERGY ELIMINATION DIET

### PURPOSE:

To identify hidden food allergens that may be causing some or all of your symptoms. During the elimination period, all common allergens are completely eliminated from the diet for two to three weeks. After your symptoms improve, foods are added back, one at a time, to determine which foods provoke symptoms.

### FOODS YOU MUST AVOID

- **DAIRY PRODUCTS** milk, cheese, butter, yogurt, sour cream, cottage cheese, whey, casein, sodium caseinate, calcium caseinate, any food containing these.
- **WHEAT / GLUTEN** most breads, spaghetti, noodles, pasta, most flour, baked goods, durum semolina, farina, and many gravies, etc.
- **CORN** including any product with corn oil, vegetable oil from an unspecified source, corn syrup, corn sweetener, dextrose, glucose, corn chips, tortillas, popcorn
- **SOY PRODUCTS:** Tofu, soy milk, soy sauce, tempeh, textured vegetable protein
- **CITRUS FRUITS** oranges, grapefruits, lemons, limes, tangerines and foods containing citrus.
- **COFFEE, TEA, ALCOHOL** must avoid both caffeinated and decaffeinated coffee, as well as standard (such as Lipton) tea and decaffeinated tea. Herb teas are OK, except those containing citrus.
- **MEATS:** Avoid beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish
- **REFINED SUGARS** including table sugar and any foods that contain it; candy, soda, pies, cake, cookies, etc. Other names for sugar include sucrose, glucose, dextrose, corn syrup, corn sweetener, fructose, maltose, and levulose. These must all be avoided. Some patients will be allowed 1-3 teaspoons per day of pure, unprocessed honey, maple syrup or barley malt. This will be decided on an individual basis. Those restricted from all sugars should not eat dried fruit. Others may eat unsulphered (organically grown) dried fruits sparingly.
- **FOOD ADDITIVES** including artificial colors, flavors, preservatives, texturing agents, artificial sweeteners, etc. Most diet sodas and other dietetic foods contain artificial ingredients and must be avoided. Grapes, prunes, and raisins that are not organically grown contain sulfites and must be avoided.
- **ANY OTHER FOOD YOU EAT MORE THAN 3 TIMES A WEEK** any food you are now eating 3 times a week or more should be avoided and tested later.
- **KNOWN ALLERGENS** avoid any food you know you are allergic to, even if it is allowed on this diet.
- **TAP WATER (INCLUDES COOKING WATER)** - If tap water not allowed, use spring or distilled water bottled in glass or heavy plastic. Water bottled in soft (collapsible) plastic containers tends to leach plastic into the water. Some water filtration systems do not take out all potential allergens. Take your water with you, including to work or restaurants.
- **READ LABELS** Hidden allergens are frequently found in packaged foods.
  - **“Flour”** usually means wheat;
  - **“Vegetable oil”** may mean corn oil; and casein and whey are dairy products.
  - Make sure your vitamins are free of wheat, corn, sugar, citrus, yeast, and artificial colorings. Vary your diet, choosing a wide variety of foods. Do not rely on just a few foods, as you may become allergic to foods you eat every day!

### FOODS YOU MAY EAT

- **CEREALS, GRAINS & FLOUR PRODUCTS**
    - Replace gluten-containing foods (wheat, rye, oats, barley) with brown rice, millet, and quinoa. You may eat cereals made from rice, buckwheat and tapioca. You may use almond milk or nut milks on your cereals. Most of these grains are available at health food stores.
  - **LEGUMES (BEANS)**
    - Includes soybeans, tofu, lentils, peas, chickpeas, navy beans, kidney beans, black beans, string beans, and others. Dried beans should be soaked overnight. Pour off the water and rinse before cooking. Canned beans often contain added sugar or other potential allergens. Some cooked beans packaged in glass jars, sold at the health food stores, contain no sugar. Read labels. May also use bean dips without sugar, lemon, or additives. Canned soups include split pea and lentil soup (without additives).
  - **VEGETABLES**
    - Use a wide variety. All vegetables except corn and tomatoes (including sauce) are permitted. Use organic when possible.
  - **PROTEINS**
    - Free range poultry and fowl, wild game, fresh fish (such as tuna (in moderation) and salmon, wild not farmed packed in spring water). Canned tuna, salmon and other canned fish are OK. Beef and pork may be eaten unless specified otherwise. Lamb rarely causes allergic reactions, and may be used even when other meats are restricted. Mediclear or other rice protein powder.
  - **NUTS AND SEEDS**
    - Nuts and seeds, either raw or roasted without salt or sugar. To prevent rancidity, nuts and seeds should be kept in an air-tight container in the refrigerator. May also use nut butters from health food stores or from fresh ground nuts (this includes peanut butter if allowed, almond butter, cashew butter, walnut butter, sesame butter, and sesame tahini). Nut butters go well on celery sticks and crackers.
  - **OILS AND FATS**
    - Sunflower, safflower, olive, sesame, flaxseed (edible linseed), and canola oils. Use cold-pressed or expeller-pressed oils (available from health food stores), as they are safer for the heart and blood vessels. Do not use corn oil or “vegetable oil” from an unspecified source, as this is usually corn oil. Sunflower or safflower margarine are OK from an allergy standpoint, but we do not consider margarine a desirable food, as there is evidence it may promote heart disease. If you are not allergic to butter, we recommend it instead of margarine, once you have completed food testing. Also suggested are vegetable and bean spreads, instead of butter or margarine.
  - **SNACKS**
    - Any food can be eaten as a snack, any time of day. Also suggested are celery, carrot sticks or other vegetables; fruit in moderation (no citrus); unsalted fresh nuts and seeds; Barbara’s Granola Bars (from health food stores)
  - **BEVERAGES**
    - Herbs teas (no lemon or orange); spring water in glass bottles or clear plastic, seltzer (salt free); Perrier; pure fruit juices (canned, jarred or frozen) without corn syrup, sugar or additives (dilute 50:50 with water); almond nut milk (Nut Quick); Nut milk without corn oil; Cafix, Inka and Roma may be used as coffee substitutes. Tap water contains chlorine, fluoride and other potentially allergenic chemicals. In some cases, distilled or spring water in glass bottles is the only water allowed. This would include water used for cooking. If tap water is eliminated, it should be reintroduced as if it were a test food. Restrictions on the type of water permitted will be made on a case by case basis.
  - **THICKENERS**
    - Rice, millet, barley, kuzu or amaranth flours; arrowroot, agar.
  - **SPICES AND CONDIMENTS**
    - Salt in moderation; pepper, herbal spices without preservatives, citrus or sugar; garlic, ginger, onions, mustard from the health food store (without sugar); Bragg liquid aminos; vitamin C crystals in water as a substitute for lemon juice.
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## GENERAL SUGGESTIONS

**Do not restrict your calories!** Start with a good breakfast, eat frequently throughout the day, and consume at least 4 glasses of water per day. If you do not eat enough, you may experience symptoms of low blood sugar, such as fatigue, irritability, headache, and too-rapid weight loss. To ensure adequate fiber, eat beans, permitted whole grains, whole fruits and vegetables, homemade vegetable soup, nuts and seeds. Be sure to chew thoroughly, in order to enhance digestion.

### **Plan your meals for the week. Take a list with you to the health food store.**

If your schedule is very busy and it is hard to think of what to fix, take some time before starting the diet to make a list of all of your favorite types of foods and possible meal plans. For ideas, look through cookbooks that specialize in hypoallergenic diets. Most meals can be modified easily to meet the requirements of the diet, without changing the meal plan for the rest of your family. When you go to the health food store, ask for assistance in locating “allowed” versions of breads, crackers, cereals, muffins, soups, etc. Some people find it helpful to prepare additional foods on the weekend, to cut down on thinking and preparation time during the week. If you need further assistance or ideas, talk with your diet counselor.

**Dining out:** Do not hesitate to ask questions or make requests. For instance, you could ask for fish topped with slivered almonds, cooked without added seasoning, butter or lemon. Get baked potato with a slice of onion on top. Order steak or lamb chops with fresh vegetables, also prepared without added seasonings (with the exception of garlic & plain herbs). Use salad bars that do not use sulfites as a preservative, and bring your own dressing (oil and cider vinegar with chopped nuts/seeds and fresh herbs). Get into the habit of carrying pure water, snacks, seasonings, etc., wherever you go, to supplement your meals or to have something on hand if you start to get hungry.

**Withdrawal symptoms:** About one in four patients develops mild “withdrawal” symptoms within a few days after starting the diet. Withdrawal symptoms may include fatigue, irritability, headaches, malaise, or increased hunger. These symptoms generally disappear within 2-5 days and are usually followed by an improvement in your original symptoms. If withdrawal symptoms are too uncomfortable, take buffered vitamin C (calcium ascorbate - 1,000 mg in tablet form or 1/4 teaspoon of the crystals, up to 4 times a day) or 3/4 teaspoon of “alkali salts” (2 parts potassium bicarbonate, 1 part sodium bicarbonate) in water as needed, up to 3 times a day for several days. In most cases, withdrawal symptoms are not severe and do not require treatment. It is best to discontinue all of the foods abruptly (“cold turkey”), rather than easing into the diet slowly.

**Testing individual foods:** It may take 3 weeks for symptoms to improve enough to allow you to retest foods. However, it would be best to test the foods anyway, to rule out hidden offenders. Most patients do improve. Some feel so well on the diet that they decide not to test the foods. This could be a mistake. If you wait too long to retest, your allergies may “settle down” and you will not be able to provoke your symptoms by food testing. Then, you will not know which foods you are allergic to. If reintroducing certain foods causes a recurrence of symptoms, you are probably allergic to those foods.

**Foods may be tested in any order.** Begin testing on a day you are feeling well (without colds, unusual headaches, flu).

**Watch for allergic reactions:** If you have an allergic constitution, you may be allergic to foods other than those you have eliminated and tested on this diet. Pay attention to why you are eating and if you develop symptoms, review your recent meals and try to identify what may be different in what you have eaten. You can then eliminate that food for two weeks and test it again, to see if you can provoke the same symptoms.

### **Symptoms that may be due to food allergy:**

**General:** Fatigue, anxiety, depression, insomnia, food cravings, obesity

**Infection:** Recurrent colds, urinary tract infections, sore throats, ear infections, yeast infections

**Ear, Nose & Throat:** Chronic nasal congestion, postnasal drip, fluid in the ears, Meniere’s syndrome

**Gastrointestinal:** Irritable bowel syndrome, constipation, diarrhea, abdominal cramping, ulcerative colitis, Crohn’s disease, gallbladder disease

**Cardiovascular:** High blood pressure, arrhythmia, angina

**Dermatologic:** Acne, eczema, psoriasis, canker sores (aphthous ulcers), hives

**Rheumatologic:** Muscle aches, osteoarthritis, rheumatoid arthritis.

**Neurologic:** Migraines and other headaches, numbness.

**Miscellaneous:** Asthma, frequent urination, teeth grinding, bedwetting, infantile colic.

Note: most of these disorders have more than one cause, but food allergy is a relatively common and frequently overlooked cause.

**Test one new food each day.** If your main symptom is arthritic pain, test one new food every other day. Allergic reactions to test foods usually occur within 10 minutes to 12 hours after ingestion. However, joint pains may be delayed by as much as 48 hours.

**Eat a relatively large amount of each test food.** For instance, on the day to test milk, add a large glass at breakfast, along with any of the other foods on the “permitted” list. If after one serving, your original symptoms come back, or if you develop a headache, bloating, nausea, dizziness, or fatigue, do not eat that food anymore and place it on your “allergic” list. If no symptoms occur, eat the food again for lunch and supper and watch for reactions. Even if the food is well tolerated, do not add it back into your diet until you have finished testing all of the foods. If you do experience a reaction, wait until your symptoms have improved before testing all of the foods. If you do experience a reaction, wait until your symptoms have improved before testing the next food. If you wake up the next morning with head or joint pain, nausea, or any other suspicious symptom, you may be experiencing a delayed reaction to the food you tested the day before. If you are uncertain whether you have reacted to a particular food, remove it from your diet and retest it 4-5 days later. You do not have to test foods you never eat. **Do not test foods you already know cause symptoms.**

**Food sources for testing.** Test pure sources of a food. Example: do not use pizza to test cheese, because pizza also contains wheat and corn oil. Do not use bread to test wheat, as it contains other ingredients. Organic sources are the best to use for testing, as you will not experience interference from pesticides, hormones or other additives which may be used in commercial preparations.

**Dairy test** - Test milk and cheese on separate days. You may wish to test several cheeses on different days, since some people are allergic to one cheese but not another. It is usually not necessary to test yogurt, cottage cheese, or butter separately.

**Wheat test** – Wheatena (with no milk or sugar) or another pure wheat cereal. May add nut milk.

**Corn test** - Use fresh ears of corn or frozen corn (without sauces or preservatives)

**Egg test** - Test the whites and yolks on separate days, using hard-boiled eggs.

**Citrus test** - Oranges, grapefruits, lemons, and limes. Test these individually on four separate days. The lemon and lime can be squeezed into Perrier or seltzer. In the case of orange and grapefruit, use the whole fruit.

**Frequently eaten foods** - Test tap water, if you have eliminated it, followed by those foods you have restricted (such as foods being consumed more than three times a week).

**Optional tests** - The following foods and beverages are considered undesirable, regardless of whether or not you are allergic to them. If any of them are not now a part of your diet, or if you are fully committed to eliminating them from your diet, there is no need to test them. However, if you have been consuming any of them regularly, it is a good idea to test them and find out how they affect you. Reactions to these foods any beverages may be severe in some cases. They should be tested only on days that you can afford to feel bad.

**Coffee and tea test (separate days)** - Do not add milk, non-dairy creamer or sugar. May add soy milk. If you use decaffeinated coffee, test it separately. Coffee, tea, decaffeinated coffee, and decaffeinated tea are separate tests.

**Sugar test** - Put 4 teaspoons of sugar in a drink or on cereal, or mix with another food.

**Chocolate test** - Use 1-2 tablespoons of pure baker’s chocolate or Hershey’s cocoa powder in a drink or mix with another food.

**Alcohol test (test this last)** - Beer, wine and hard liquor may require testing on different days, as the reaction to each may be different. Have 2 drinks per test day, but only if you can afford not to feel well that day and possibly the next day.

**Food additive test** - Buy a set of McCormick’s or French’s food dyes and colors. Put 1/2 teaspoon of each color in a glass. Add one teaspoon of the mixture to a glass of water and drink. If you wish, you may test each color separately.

**After the testing if finished, it is time to return to the office for a follow-up visit.** When you are within 10 days or so of completing your testing, call the office for an appointment. Bring your journal with you, so you may review your experiences with the doctor.

**Suggestions for ongoing self-help, if your are allergic to foods:**

**Rotation Diets:** If you have an allergic constitution and eat the same foods every day, you may eventually become allergic to them. After you have discovered which foods you can eat safely, make an attempt to rotate your diet. A four-day schedule is necessary for some severely allergic patients, but most people can tolerate foods more frequently than every four days. You may eventually be able to tolerated allergenic foods, after you have avoided them for 6-12 months. However, if you continue to eat these foods more frequently than every fourth day, the allergy may return.

Use common sense and consume a wide variety of foods. Do not just latch onto a few favorites. If you are rotating foods, be sure to avoid all forms of the food when you are on and “off” day. For instance, if you are rotating corn, be sure to avoid corn chips, corn oil, corn sweeteners, etc., except on the days that you are eating corn and corn products. It is not necessary to do strict food rotation during the elimination and retesting periods.

## MEAL PLANNING

### Breakfast Ideas:

- Mochi with cashew butter and a pear
- Rice Toast with cashew butter and a pear
- Rice cereal with soy or rice milk
- Millet with rice milk
- Silken Tofu shake with pear and maple syrup
- Rice pudding with soy milk and maple syrup

### \*\*HELPFUL HINTS:

Eat as much as you want.  
Add cold pressed oil to vegetables and rice for flavor and calories.  
Add a small amount of grated carrots to salads and soups for flavor and color.  
Read a good book (Not a cookbook).

### Lunch and Dinner Ideas:

- Lamb, rice and green beans
- Lentil soup and rice crackers
- Cabbage soup and rice bread toast
- Beans and rice, with a lettuce salad
- Rice cakes with cashew butter and celery sticks
- Sautéed Tofu with green beans and Brussels sprouts
- Lamb, cabbage and rice soup
- Lettuce salad with cashews, celery, shallots and mung bean sprouts
- Rice pasta with parsley and green beans
- Bean soup and rice cakes
- Split pea soup and rice bread toast

## HYPOALLERGENIC DIET RECIPES

### Tofu Scramble

1 tbs safflower oil  
1/2 cup chopped leeks  
2 shallots  
1/2 cup celery, chopped  
1 clove garlic, minced  
1 tbs chives, chopped finely  
1/2 cup cabbage, chopped  
1 pound regular tofu, drained and crumbled

Heat oil in a large, nonstick skillet over medium heat.  
Sauté leeks and shallots for about 5 minutes until leeks are soft.  
Add celery and cook 3 to 5 minutes longer.  
Add garlic, chives and cabbage and sauté for 5 minutes more.  
Transfer vegetables into a bowl and set aside.  
Return skillet to low heat and sauté tofu for 1 to 2 minutes.  
Add vegetables to tofu and scramble well. Cook just until vegetables are heated through.

### Hearty Morning Cereal

1/2 cup amaranth  
1/2 cup millet  
1/2 cup teff  
1/4 cup cashews

Lightly toast all of the above ingredients in an un-greased skillet until a nutty aroma is apparent.  
Grind all ingredients in a coffee grinder or blender until fine.  
Cook 1/3 cup of the ground cereal with 1 cup rice milk over medium heat until thick.  
Stir frequently to avoid burning.

### Amaranth Breakfast Cereal

1 cup Amaranth  
2 cups water  
1 pear, peeled and chopped

In a small sauce pan, bring the amaranth, water and pear to a boil.  
Lower heat to simmer, and cook for 20-30 minutes, or until all water has been absorbed.  
Garnish cereal with maple syrup, vanilla or rice milk.

### Minestra

1 head cabbage, chopped  
3-4 cloves garlic  
2 tbs sunflower oil  
16 oz can white beans, drained

In a large pot, steam cabbage with a small amount of water. Cook until soft.  
Remove cooked cabbage from pot and add oil and garlic. Sauté garlic for 2-3 minutes.  
Add the cabbage back to the pot with enough water to cover the cabbage by 1 inch.  
Add beans to cabbage and let cook for 30 minutes on low heat.  
Add salt to taste.

### Tofu Sauce (can be used on pasta or vegetables and rice)

1 package silken tofu, firm      2 cloves garlic

1 bunch parsley      2 tbs cashew butter  
2 tbs oil      2-3 tbs water

Place all ingredients in a food processor and process until creamy.  
Pour mixture into a small saucepan and cook on low or medium heat for 5-10 minutes.  
Serve with steamed vegetables, pasta or rice.

### Nutty Drizzle (serve over grain, vegetables or pasta)

1/4 cup cashew butter  
2 tsp. maple syrup  
1/3 cup water  
salt to taste

Place all ingredients in a small saucepan on low heat. Stir with a whisk until mixture is smooth and warm. Serve over your favorite grain, vegetables or pasta.

### Quinoa Pilaf

1 cup Quinoa  
1/2 cup red lentils  
1/4 cup chopped parsley  
3 cups water  
pinch of salt

Combine all ingredients in a medium saucepan on high heat. When quinoa comes to a boil, lower heat to simmer and cook for 20 minutes. Fluff with a fork.  
Option: This mixture can be eaten warm as is or cold as a salad with added chopped vegetables.

### Lentil Stew (6 servings)

1 lamb leg bone or 4 oz lamb blade steak, trimmed of fat and chopped (optional)  
2 tsp. canola oil  
1.2 green cabbage, chopped  
6 cloves garlic, coarsely chopped  
2 cups lentils, washed and checked for stones  
1 tbs salt  
chopped parsley

Heat canola oil in large sauce pan over medium-high heat.  
Add lamb bone or steak (optional). Sauté until brown on all sides.  
Add cabbage and garlic. Sauté until soft and just beginning to brown.  
Add lentils and water. Bring to a boil. Turn heat to low and simmer with a lid on until lentils and lamb are very tender, 1-2 hours.  
After cooking, season with salt to taste and parsley.

### Falafel

3-4 cups cooked garbanzo beans  
5 cloves minced garlic  
1 cup parsley

2-3 tbs safflower oil  
3-4 tbs water  
1 tsp cashew butter  
salt, to taste  
garbonzo bean flour

Mix all ingredients in food processor except the flour. When smooth, add flour until a thick batter/thin dough consistency is reached. Fry in oil in skillet until browned/crisp on both sides. Top with tofu dressing.

#### **Black bean Garlic Stir Fry**

4 cloves garlic, minced  
Chopped vegetables (cabbage, scallions, leeks, celery, green beans)  
1 package tofu  
chives and parsley, to taste  
2 cups cooked black beans  
4 cups cooked rice

Sauté garlic in a wok or large skillet. Add chopped vegetables and sauté until soft. Add tofu, chives and parsley and black beans and cook until heated thoroughly.

Serve over rice.

#### **Bean Dip**

2 shallots  
1/2 cup chopped leeks  
2 cloves garlic, minced  
16 oz cooked beans (Garbonzo, black, kidney or white)  
1 tbs cashew butter  
3 tbs chopped fresh parsley  
1 tbs oil

In a small skillet, heat oil on medium heat. Add leeks, shallots and garlic. Sauté for 5-10 minutes or until leeks are soft.

While vegetables cook, add remaining ingredients to a food processor.

When vegetables are cooked, add to bean mixture in food processor.

Process until all ingredients are well mixed and texture is creamy.

Allow to cool before eating.

#### **Split Peas and Rice** (serves 4)

4 tbs oil  
2 cups brown rice  
1 leek chopped  
6 cups water  
1 clove garlic minced  
1 cup yellow split peas  
2 tsp. chopped chives  
2 tsp. chopped parsley

In a large heavy pot, heat 3 tbs oil and sauté leeks, garlic, chives and parsley until leeks are tender.

Stir in rice and cook for 5 minutes or until rice begins to turn white.

Add water and bring to a boil. Reduce heat and cook covered for 20 minutes.

Sauté yellow split peas in 1 tbs oil. Add split peas to the cooking rice and cook 30 minutes more.

#### **Bean Salad**

2 cups cooked beans (lentils, black, kidney, chick peas)  
1/2 cup celery, chopped  
1/2 cup parsley, chopped  
2 shallots chopped  
2 cloves garlic, minced  
1-2 tbs oil

Combine the beans and chopped vegetables in a large bowl and toss until well mixed.

Add oil and salt to taste and mix until beans and vegetables are evenly coated.

#### **Rice Pasta and Vegetables**

1 package rice pasta cooked according to package directions  
2 leeks, chopped  
3 shallots, chopped  
2-3 cloves of garlic, minced  
2 tbs fresh parsley, chopped  
2 tbs fresh chives, chopped or 2 tsp. dried  
2 tbs safflower oil

Heat oil in a skillet over medium heat. Add leeks, shallots and garlic and sauté for 5-7 minutes until leeks are soft.

Add fresh parsley and chives and cook 1 minute longer.

Remove vegetables from heat. Add rice pasta to vegetables, mix well.

Add salt to taste.

#### **Rice Salad**

4 cups cooked brown rice  
1 cup celery  
2 tbs fresh chives  
1 cup chopped red cabbage  
1 cup chopped parsley  
1/3 cup cashews  
2 tbs oil

Toss brown rice with chopped vegetables and cashew nuts until evenly mixed. Add oil and salt to taste.

Optional: add 1/2 cup to 1 cup canned beans or lentils.

**Rice Pudding** (This recipe can be make with cooked leftover rice or uncooked rice.)

1 cup cooked rice  
1 tbs Maple syrup  
1 cup rice milk  
1 tsp. vanilla

Place cooked rice in a pan with the rice milk.

Heat on medium heat until most or all of the rice milk has been absorbed.

Remove pan from heat and add maple syrup and vanilla.

If the consistency is too hard, add more rice milk and return to stove.

To make this recipe with uncooked rice, add 1 cup uncooked rice with 2 cups rice milk and 1 cup water. Cook like ordinary rice. When rice is cooked, add maple syrup and vanilla.

#### **Pear Crisp**

1 cup flour (rice, amaranth, millet)  
2 tbs water  
1/2 tsp. sea salt  
2 tbs maple syrup or brown rice syrup  
1/4 cup oil  
2 tsp. vanilla  
1/4 maple syrup

5 cups peeled and sliced pears

1/3 cup chopped cashew

Preheat oven to 350 degrees F.

Mix flour and salt in bowl. Add oil and sweetener; mix well. Stir in nuts and set aside.

In a small bowl, combine water, syrup and vanilla; set aside.

Slice fruit and place in a lightly oiled pie pan or an 8 by 8 inch baking dish.

Pour liquid mixture over the fruit and toss gently.

Spoon the flour-nut mixture evenly over the top of the fruit.

Cover and bake 45 minutes.

Uncover and bake 15 minutes more to crisp the topping.