

Peach or Pear Crisp

- Use fresh or frozen fruit in this recipe. A good option is to use over-ripe fruit that will go bad soon.
- When selecting fruit look to see what is cheaper, comparing fresh and frozen unit prices.
- Easily substitute canned fruit for fresh or frozen options. Drain off the liquid into a bowl and complete the recipe.
- Fresh fruits that are in season are cheaper than fruits not in season and they tend to be displayed in front of other produce in the produce section at grocery stores.
- Adding oats in the topping provides a good source of fiber that slows down digestion of sugar.

Nutrition Facts	
10 servings per container	
Serving size	1/10 of dish (133g)
Amount per serving	
Calories	
	230
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 5mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 4g	14%
Total Sugars 26g	
Includes 16g Added Sugars	32%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 143mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pear or Peach Crisp

Servings: 10 Prep Time: 15 minutes Cook time: 40 minutes



Ingredients:

- 5 medium peaches or pears, about 2 pounds, or 3 (14oz.) cans, drained
- 3/4 cup brown sugar, packed and divided
- 1/4 cup whole wheat flour
- 1/2 teaspoon ground cinnamon
- Non-stick cooking spray
- 1/2 stick (4 Tablespoons), cold, unsalted butter
- 1 cup quick oats

Optional:

- 1/4 teaspoon ground nutmeg

Directions:

1. Preheat oven to 350 degrees.
2. Rinse and cut fruit in half, lengthwise. Remove stems. Cut out center core/or remove pit, do not peel. If using canned, drain. If using frozen fruit, thaw.
3. Place fresh fruit cut side down and slice into 1/8 inch slices.
4. In a large bowl, mix fruit, 1/4 cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). Mix well.
5. Spray baking dish with non-stick cooking spray.
6. Spread fruit mix evenly into baking dish. If using canned, add half of the liquid to the fruit.
7. Melt butter. In a medium bowl, mix remaining brown sugar, flour, oats and butter. Mix with hands until crumbly and all of mix touches butter.
8. Spread oat mix over fruit mix. Bake uncovered on middle rack for 40 minutes, or until top is lightly browned or bubbly.