



A Nutrition Resource



APPLE, PEACH, OR CHERRY CRISP

Yield: 8 Servings | Serving Size: 3/4 cup

Cost/Serving: \$0.66

Ingredients:

- Nonstick cooking spray
- 4 to 5 large apples, sliced or 2 (15-ounce) cans peaches or cherries
- 1/2 cup all-purpose flour
- 1/2 cup oats
- 1/2 cup brown or white sugar
- 1 teaspoon cinnamon
- 1/4 cup butter

Directions:

- 1) Preheat oven to 375°F. Lightly coat an 8-inch x 8-inch pan with the non-stick cooking spray (or a 9-inch round pan).
- 2) Place apples (or other fruit) in prepared pan.
- 3) In a large bowl, mix together flour, oats, sugar, and cinnamon.
- 4) Add butter and "cut in" with hands or pastry blender.
- 5) Sprinkle topping over fruit.
- 6) Bake for 30 to 45 minutes or until fruit is tender and topping is golden brown.

Variations: Replace some of the sugar with orange juice. Add raisins or combine a few different types of fruit.

Nutrition Facts

8 servings per container
Serving size 3/4 cup (144g)

Amount per serving
Calories 200

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 6g | 8% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 0mg | 0% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 24g | |
| Includes 12g Added Sugars | 24% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 15mg | 2% |
| Iron 1mg | 6% |
| Potassium 150mg | 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.



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