



Fruit Crisp

Fresh seasonal fruit or frozen work well in this recipe. It's easy to double for a large gathering.

Makes 8 servings

1 C. oats
½ C. whole wheat flour
½ teaspoon salt
3 Tbsp. canola oil
¼ C. maple syrup
½ C. chopped nuts (walnuts, almonds or pecans)

2 Tbsp. water
2 Tbsp. maple syrup
1 tsp. cinnamon
¼ tsp. nutmeg
2 tsp. vanilla extract
5 cups sliced fruit (mix of sliced pears & plums) or (2 cups fresh/frozen blueberries & 3 cups fresh/frozen peaches)

- Heat oven to 350°. Spray an 8" x 8" baking dish with cooking spray.
- Mix oats, flour and salt together, add oil and maple syrup. Stir in nuts and set aside.
- In a small bowl, combine water, syrup, spices and vanilla extract.
- Add sliced fruit to liquid mixture and toss gently.
- Place fruit in baking dish. Spoon the oat-nut mixture evenly on top of the fruit. Cover and bake 45 minutes. Uncover and bake 15 minutes more.

Recipe adapted from Feeding the Whole Family by Cynthia Lair

Nutritional information:

Calories: 245	Total Fat: 8g
Saturated Fat: 0g	Carbohydrate: 38g
Dietary Fiber: 5g	Protein: 4g