



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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