

Fruit Crisp

Serves 6

- 2 cans fruit, packed in pear or pineapple juice, drained
- ¼ cup sugar (optional)
- ½ cup flour
- ¼ cup brown sugar
- ⅓ cup melted margarine or butter
- ½ cup rolled oats, uncooked
- ¾ teaspoon cinnamon
- ½ teaspoon nutmeg



1. Preheat oven to 375 F. Coat an 8" baking dish or pie plate with cooking spray.



2. Place fruit in prepared baking dish. Sprinkle with sugar, if desired.



3. Combine flour, brown sugar, margarine, oats, cinnamon, and nutmeg until crumbly. Sprinkle over fruit.



4. Bake at 375° F for 30 minutes.



Recipe from csfpcentral.org



Nutrition information: calories 273, total fat 10g, saturated fat 6g, sodium 74mg, carbohydrates 50g, dietary fiber 5g, protein 2g.

Healthy Tip

Many pre-made desserts are high in salt and sugar. Making them from scratch at home is often a healthier choice.



Use canned fruit in the off season, or use apples or berries when in season. A handful of fresh blueberries with canned peaches is a colorful dessert full of flavor.