



Recipe: Berry Crisp

Servings: 10

Serving Size: 2/3 cup

Ingredients:

7 1/2 cups frozen berries (about 3 small bags, can substitute with fresh or frozen fruit of choice)

1/4 c. flour

1 c. quick oats

1 c. chopped walnuts

3 tbsp. brown sugar

1 tsp. cinnamon

4 tbsp. olive oil

Cooking spray

Directions:

1. Preheat oven to 350 degrees F and lightly spray a 9x13-inch glass pan with cooking spray.
2. If using frozen fruit, add fruit directly to pan and spread flat. If using fresh fruit, chop into bite-sized pieces and add directly to pan and spread flat.
3. Add flour, oats, walnuts, sugar, and cinnamon to a mixing bowl. Stir until mixed.
4. Add oil to ingredients in mixing bowl and stir until evenly distributed.
5. Spread contents of the mixing bowl evenly onto of the fruit.
6. Bake for 40-45 minutes, or until fruit is bubbling and the top is golden and crisp.

Nutrition for one serving (estimated, may vary with fruit choice):

Calories: 235 Total Fat: 14.8g Sat. Fat: 3.4g Sodium: 0mg

Carbohydrates: 26g Protein: 4g Fiber: 4.6g