

Peach Crisp

4 peaches (4 cups sliced)

2 tablespoons margarine

$\frac{3}{4}$ cup quick cooking oats

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ cup flour

2 teaspoons cinnamon

1 teaspoon lemon juice

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 375°F.
3. Slice the peaches.
4. Spread the peach slices on the bottom of a baking pan.
5. Melt the margarine in a saucepan.
6. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
7. Sprinkle the oat mixture on top of the peaches.
8. Bake for 20 minutes. Yield: 6 servings

Nutrition Information per Serving: 197 calories, 5 g fat, 34 mg sodium, 37 g carbohydrates, 3 g fiber, 3 g protein, 21 mg calcium, 1mg iron, 239 mg potassium