



Peach Crisp

Yield: 8 servings

Serving Size: ½ cup

Ingredients:

- Nonstick cooking spray
- 4 cups thinly sliced ripe peaches
- ½ cup old-fashioned oats
- ½ cup whole-wheat all-purpose flour
- 1 tablespoon cinnamon
- ¼ teaspoon salt
- ½ cup packed brown sugar
- ¼ cup margarine or butter, softened
- ¼ cup walnuts or pecans, chopped (optional)

Directions:

1. Preheat oven to 375° F.
2. Coat a 9x13 baking dish with cooking spray. Lay peaches in bottom of baking dish.
3. Mix butter, oats, flour, nuts, cinnamon, salt, and sugar together until crumbles form.
4. Sprinkle oat crumble over peaches. Bake for 40-50 minutes, or until peaches are soft.

Nutrition Information per Serving:

Calories 134, Fat 6g, Protein 2g, Carbohydrate 19g, Fiber 3g, Sodium 74mg