

Peach and Berry Crisp

34

Serving Information

Serves 16 (one serving = ½ c.)

Ingredients

- 6 c. fresh or frozen sliced peaches, peeled and drained
- 2 c. fresh or frozen blueberries, raspberries, or blackberries
- 3-4 Tbsp. Splenda
- ½ tsp. ground nutmeg
- ¼ tsp. cinnamon
- ½ c. oatmeal
- 4 Tbsp. flour
- 2 Tbsp. packed brown sugar
- 2 Tbsp. reduced calorie margarine
- ¼ tsp. cinnamon

Equipment

- 11" x 7" baking dish
- Small bowl
- Medium mixing bowl
- Measuring cups and spoons

Directions

1. Preheat oven to 375°F.
2. Combine peaches and berries in an ungreased 11" x 7" baking dish.
3. Mix sweetener, nutmeg and cinnamon in small bowl; sprinkle over fruit and stir gently.
4. In medium bowl, mix oatmeal, flour, brown sugar, margarine, and cinnamon together; spread over fruit.
5. Bake uncovered, 35-40 minutes.

Nutrition Facts

Serving Size 1/2 cup (91g)
Servings Per Container 16

Amount Per Serving

Calories 70 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 1g

Vitamin A 6% • Vitamin C 8%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: Diabetes Education Program WVUES 1999-2000

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu.
For an accessible format of this publication, visit cfaes.osu.edu/accessibility