

Name-Your-Fruit Crisp



Ingredients

1/2 cup old-fashioned oats
1/4 cup brown sugar
1/2 tsp cinnamon
Pinch of nutmeg
3 tbsp butter cut into small pieces
1/4 cup nuts, shelled, chopped, sliced, or slivered
1/2 tsp lemon zest
3 cups fruit, sliced or chopped (fresh or frozen, peeled and sliced peaches, pears, nectarines, raspberries, blueberries, plums, cherries or apricots. Can also use up to 1/4 of dried raisins, cherries, apricots, or blueberries as part of the total fruit)

Some ideas to get you started: Peaches and raspberries with almonds; apples and raisins with walnuts; fresh pears and craisins with hazelnuts; blueberries and pears with pecans.

Preparation

1. Preheat oven to 350° F .
2. Mix oats, sugar, nuts, and spices in medium bowl.
3. Add butter and rub with fingertips until mixture resembles coarse crumbs.
5. Combine fruits and lemon zest.
6. Place fruit in bottom of small baking pan.
7. Sprinkle topping over fruit.
8. Bake until topping browns and filling bubbles, about 45 minutes.

Nutritional Analysis per Serving

Yield: 3-4, 1-cup servings | Calories: 270 | Total Fat: 15 g | Saturated Fat: 6 g | Trans Fat: 0 g | Cholesterol: 25 mg | Total Carbohydrate: 36 g | Dietary Fiber: 4 g | Total Sugars: 24 g | Protein: 2 g | Vitamin D: 0 µg | Calcium: 33 mg | Iron: 1 mg | Potassium: 242 mg

Recipe courtesy of [Lifelong](#)