

LiveWell

Very berry crisp

Yield: 12 servings



Ingredients:

Vegetable oil cooking spray
1 cup whole-wheat flour
1 cup old-fashioned rolled oats
1/2 cup dark brown sugar
1 1/2 teaspoons ground cinnamon
1/2 teaspoon nutmeg
1/8 teaspoon cloves
1/4 teaspoon coarse salt
1/4 cup butter, frozen
6 cups mixed blueberries, blackberries and raspberries (fresh or thawed from frozen)
2 cups sliced strawberries (fresh or thawed from frozen)
1/4 cup sugar
1 teaspoon vanilla extract
3 Tablespoons cornstarch

Directions:

1. Preheat oven to 375° F. Spray a 9 x 13-inch baking dish with cooking spray.
2. Mix the flour, oats, brown sugar, cinnamon, nutmeg, cloves, and salt in a medium bowl until combined. Grate butter into mixture or use a pastry blender to cut butter into mixture.
3. In large mixing bowl, stir together mixed berries, strawberries, sugar, vanilla extract and cornstarch.
4. Transfer the berry mixture to the prepared baking dish and spread in an even layer.
5. Sprinkle the crumble mixture on top of the berries.
6. Bake 30-40 minutes or until the crust is lightly browned and berries are bubbly.

Nutrition information per serving:

Calories: 208

Fat: 5.5 grams

Saturated fat: 2.5 grams

Cholesterol: 10 mg

Sodium: 52 mg

Carbohydrates: 40 grams

Fiber: 5.5 grams

Protein: 3 grams

Food exchanges:

3 fruit, 1/2 bread, 1 fat