



# Fruit Crisp

**Cook time:** 1 hour

**Makes:** 8 Servings

Slightly sweetened apples topped with a mixture of flour, oats and brown sugar crumble baked until tender and golden brown. Substitute berries, peaches, or a mix of favorites.

## Ingredients

For the topping:

**3/4 cup** white whole wheat flour

**3/4 cup** rolled oats

**3 tablespoons** white sugar

**1/4 cup** brown sugar

**1/2 teaspoon** salt

**1/3 cup** canola oil (or unsalted butter, melted)

For the filling:

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>167</b>
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	99 mg
Total Carbohydrate	26 g
Dietary Fiber	2 g
Total Sugars	14 g
Added Sugars included	7 g
<b>Protein</b>	<b>2 g</b>
Vitamin D	0 mcg
Calcium	12 mg
Iron	1 mg
Potassium	100 mg
N/A - data is not available	

## MyPlate Food Groups

 Fruits	1/2 cup
 Grains	1/2 ounce

**6 cups** apples (peeled and diced)

**1 tablespoon** white whole wheat flour

**3 tablespoons** white sugar

## Directions

1. Preheat the oven to 350 degrees. Lightly grease a baking dish with butter or oil.
2. To make the topping: Place the flour, oats, sugars and salt in the mixing bowl and toss together. Add the oil (or butter) and toss again.
3. For the filling, fill the baking pan with the fruit and the remaining 1 tablespoon flour and 3 tablespoons sugar. Mix well and then cover with the topping.
4. Transfer to the oven and bake until the fruit is tender and the topping is golden, about 45 minutes. Serve right away or cover and refrigerate up to 2 days.

## Notes

Frozen unsweetened berries, like blueberries, can be used instead of apples.

See how to make this [recipe](#) and more on USDA's [What's Cooking? YouTube](#) site

**Source:** USDA Center for Nutrition Policy and Promotion