

Warm Triple Berry Fruit Crisp

Yield: 10

Ingredients:

2	C	Blueberries, washed & cleaned
2	C	Raspberries, washed & cleaned
2	C	Strawberries, washed, cut into quarters
2	C	Canned strawberries, in glaze
1/3	C	All Purpose flour
½	C	Brown sugar, light or brown
1/3	C	Rolled oats
2	T	Nuts, as desired
½	t	Cinnamon
3	T	Butter

Preparation:

1. Preheat oven to 350F
2. Gently combine the first four ingredients and toss gently.
3. Combine brown sugar, flour, oats, & cinnamon.
4. Cut butter with mixer until mixture resembles coarse crumbs.
5. Spoon fruit into 10 bake-proof dessert ramekins or small coffee cups.
6. Sprinkle crumb mixture over fruit and bake for 30 minutes. Remove.
7. Serve hot or cold. Serve with a spoonful of low-fat vanilla yogurt if desired.

Nutrition Descriptors: Low Saturated Fat, Low Cholesterol, Low Sodium