



Microwave Fruit Crisp



Adapted from *EatFresh.org*

Ingredients



- 2 cups Fruit diced or sliced
- 2 tablespoons Butter softened or
- 2 tablespoons Vegetable Oil
- 2 tablespoons Brown Sugar
- 4 tablespoons Rolled Oats
- 2 tablespoons Flour Whole-wheat
- 1/2 teaspoon Ground Cinnamon
- 3 tablespoons Nuts chopped, optional



Directions



Yield: 2 servings Serving size: 1 cup

1. Place fruit in a microwave- safe dish. Use a dish that is wide enough so that the fruit is about 1 inch deep in the bottom.
2. In a separate bowl, mix together butter/oil, oats, brown sugar, flour, cinnamon, and nuts.
3. Sprinkle the mixture over the fruit.
4. Microwave on high 1-5 minutes or until fruit is as tender as you like it.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



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Cooking Tips



- Frozen fruit works well in this recipe. Just be sure to thaw it before using, or you can use canned fruit that has been rinsed to remove the sugar.
- Don't have a microwave? You can also cook this dish in a regular oven: Bake at 375° F for 45 minutes or until the top is golden brown.

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Nutrition Facts	
Serving Size 1.00 cup	
Serving Per Container 2	
Amount Per Serving	
Calories 336	
	% Daily Value*
Total Fat 15 g	19%
Saturated Fat 1 g	5%
Sodium 6 mg	0%
Total Carbohydrate 48 g	17%
Dietary Fiber 6 g	21%
Protein 5 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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