



Fresh Berry Crisp

Chef Laurent



Ingredients



- 1 cup of diced fruit (some berries will not need dicing)
 - 1/4 cup cold butter
 - 1/4 cup brown sugar
 - 1/4 cup oats
 - 1/4 cup whole wheat flour
 - 2 Tbsp orange juice
- Yield: 2 cups
Serving Size: 1/2 cup
Total Cost: \$2.42
Price per serving: \$0.61



Directions



1. Put the cup of fruit in the bottom of a small pie tin.
2. Add a little orange juice and mix.
3. Put the oats, brown sugar, whole wheat flour, and sliced butter in bowl and mix until incorporated..
4. Put the mix on top of the fruit and bake for 25-30 minutes.
5. Let cool down and enjoy!

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



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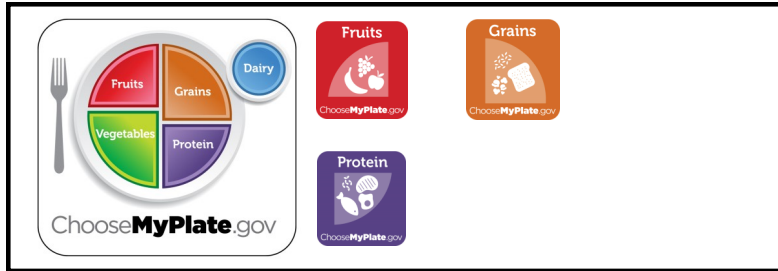
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Fast Facts



Featured Food Groups



Nutrition Facts



Nutrition Facts	
about 2 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.08mg	6%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Tips



- Top with ice cream for an even sweeter taste!
- Mix different fruits for varying tastes.
- Like more crumble on top? Add more oats!

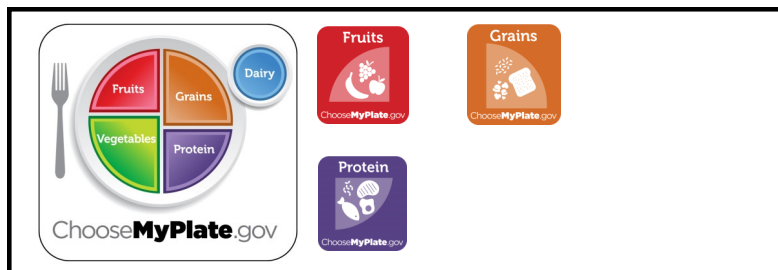
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