



Fresh Berry Crisp

Recipe from Chef Laurent of Fluer de Sal



Ingredients



- 2 cups of berries-sliced
- ½ cup of butter (1 -stick)
cold
- 1 cup of brown sugar
- 1 cup of flour

Yield: 8
Serving Size: 1/2 cup



Directions



- Fork the sugar, flour and butter until you make a sandy dough
- Mix half of the dough with the berries and place in a baking dish
- Bake at 375 until nice and golden on top
- Serve with whipped cream or ice cream

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



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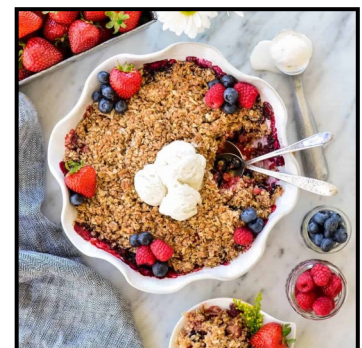


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Fast Facts



Featured Food Groups



Cooking Tips

- Try your favorite berries and a mix give the dessert a nice color.
- Other fruits work great too—try peaches, apples, or even rhubarb!

Nutrition Facts

Fresh Berry Crisp	
Nutrition Facts	
Serving Size	1 × 1/2 cup
Amount Per Serving	
Calories	366.3
	% Daily Value*
Total Fat	15.8 g 20 %
Saturated Fat	9.8 g 49 %
Trans Fat	0.6 g
Cholesterol	40.7 mg 3 %
Sodium	137.3 mg 6 %
Total Carbohydrate	56 g 20 %
Dietary Fiber	3.1 g 11 %
Total Sugars	39.3 g
Added Sugars	35.6 g 71 %
Protein	3.2 g
Vitamin D	0 mcg 0 %
Calcium	61.8 mg 5 %
Iron	1.2 mg 7 %
Potassium	125.9 mg 3 %
*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.	
Full Info at cronometer.com	

Second Harvest is an equal opportunity provider.



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