



# 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



## Directions



**Yield:** 2 cups **Serving Size:** 1/2 cup

**Total Cost:** \$2.42 **Serving Cost:** \$0.61

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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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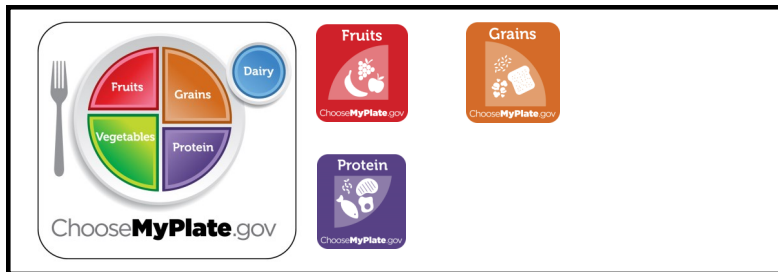
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# Fast Facts



## Featured Food Groups



## Cooking Tips



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

## Nutrition Facts



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

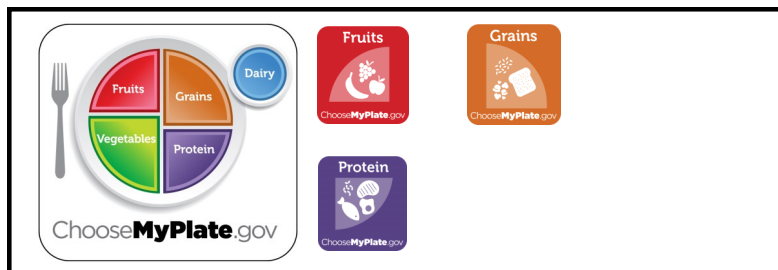
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