

Dessert

Fruit Crisp

Cost: Per Recipe: \$3.24 Per Serving: \$0.54

Fruit Crisp

Serving Size: $\frac{3}{4}$ cup
Yield: 6 Servings

Ingredients:

3 cups sliced apples
1 - 16 oz. can juice-packed peaches, undrained
 $\frac{1}{2}$ cup oatmeal
 $\frac{1}{2}$ cup whole-wheat flour
 $\frac{3}{4}$ tsp cinnamon
 $\frac{3}{4}$ tsp nutmeg
 $\frac{3}{4}$ tsp cornstarch
2 Tbsp reduced-fat margarine

Instructions:

1. Preheat oven to 375° F.
2. Lightly coat a 9"x9" baking pan with nonstick cooking spray.
3. Put apples and peaches in pan.
4. In a separate bowl, combine remaining ingredients. Stir half of mixture into fruit.
5. Sprinkle remainder of the dry mixture over top of the fruit and bake for 30 minutes.

Nutrition Per Serving:

Calories 142, Calories from Fat 23, Protein 3g, Fat 3g(sat 0g), Carbohydrate 29g, Fiber 4g, Cholesterol 0mg, Sodium 33mg, Sugar 15g

Healthy Additions:

- Lite whipped topping

Healthy Tip:

- Use fresh or frozen fruit. If not available, select canned fruit that has been packed in its own juice or waterpacked.

Limit screen time

(television, computer and video game)

The American Academy of Pediatrics (AAP) recommends that kids under age 2 have no screen time, and that kids older than 2 watch no more than 1 to 2 hours a day of quality programming.

Limiting Screen time:

- Avoids mindless snacking
- Encourages activity
- Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat.

Call your local health department for more information.



A healthier today for a brighter tomorrow.
www.LCDHD.org

For more healthy and affordable meals, check out <http://recipefinder.nal.usda.gov/>