

Apricot or Peach Crisp

with frozen fruit cups

- Use fresh or frozen fruit in this recipe. A good option is to use over-ripe fruit that will go bad soon.
- When selecting fruit look to see what is cheaper, comparing fresh and frozen unit prices.
- Including oats in the topping provides a good source of fiber and whole grains that slows down how fast your body uses of sugar.
- Try using a **muffin tin for individual servings**: divide the filling into a greased muffin tin.

Nutrition Facts	
10 servings per container	
Serving size	1/10 of dish (133g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 5mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 4g	14%
Total Sugars 26g	
Includes 16g Added Sugars	32%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 143mg	4%
<small>*The % Daily Value 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.</small>	

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Servings: 10 Prep Time: 15 minutes Cook time: 40-50 minutes



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Ingredients:

- 7 frozen apricot or peach cups, about 2 pounds
- 3/4 cup brown sugar, packed and divided
- 1/2 cup whole wheat flour
- 1/2 teaspoon ground cinnamon
- Non-stick cooking spray
- 1/2 stick (4 Tablespoons), cold, unsalted butter
- 1 1/2 cups quick oats

Optional:

- 1/4 teaspoon ground nutmeg

Directions:

1. Preheat oven to 350 degrees.
2. Thaw frozen fruit cups in the refrigerator overnight, or place cups in a large bowl and run cold water over them for about 20 minutes; allow water to drain out of the bowl.
3. In a large bowl, mix thawed fruit and juices, 1/4 cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). Mix well.
4. Spray baking dish with non-stick cooking spray.
5. Pour fruit mixture into baking dish and spread evenly.
6. Dice cold butter into small cubes. In a medium bowl combine remaining brown sugar, flour, oats and butter. Mix with hands until crumbly.
7. Spread oat mixture over fruit mixture. To help browning on the top, spray lightly with non-stick cooking spray.
8. Bake uncovered on middle rack for 40-50 minutes, or until top is lightly browned and sides are bubbly. Let cool for 15-20 minutes before serving.