



Peach Crumble

SERVING SIZE: 1 cup
SERVINGS: 3
PREPARATION TIME: 10 minutes
COOK TIME: 1 minute

INGREDIENTS:

- 1 15 ounce can sliced peaches
- 1/3 cup quick cooking oats
- 1/3 cup crispy rice cereal
- 2 Tablespoon canola or vegetable oil
- 2 teaspoons brown sugar
- 1/2 teaspoon cinnamon
- 1 cup plain yogurt

DIRECTIONS:

1. Open and drain the juice from a can of peaches. Cut into bite-sized pieces.
2. Combine oats, cereal, oil, brown sugar and cinnamon in a bowl. Stir well.
3. Put peaches in another bowl. Pour oat mixture over peaches.
4. Microwave for 1-2 minutes, until warm.
5. Put about 1/3 cup yogurt into each of 3 serving bowls. Top with the warm fruit and oat mix.
6. Serve immediately.

RECIPE TIPS:

- Use other canned, fresh or frozen fruits like fruit cocktail, pears, apples, or berries.
- Enjoy on its own without yogurt.
- Add 1 Tablespoon chopped nuts to the topping.
- Try honey or syrup instead of brown sugar.



NUTRITION FACTS:

Amount Per Serving	
Calories	250
Total fat	10g
Saturated fat	1g
Cholesterol	2mg
Sodium	102mg
Total Carbohydrate	33g
Fiber	2g
Sugar	21g
Includes 2g of Added Sugars	
Protein	7g
Phosphorus	117mg
Potassium	422mg

EQUIPMENT NEEDED:

- Can opener
- Cutting board and knife
- Measuring cups and spoons
- 2 bowls
- Microwave

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: www.healthyshelves.org