

Peach Crisp

Rating: ★★★★★

Makes: 6 servings

Ingredients

4 peaches (4 cups sliced)
2 tablespoons margarine
3/4 cup quick-cooking oats
1/2 cup sugar
1/4 cup flour
2 teaspoons cinnamon
1 teaspoon lemon juice

Directions

1. Preheat the oven to 375 degrees F.
2. Slice the peaches.
3. Spread the peach slices on the bottom of the baking pan.
4. Melt the margarine in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
6. Sprinkle the oat mix on top of the peaches.
7. Bake for 20 minutes.

Notes

Serve the peach crisp either hot or cold. To remove the peach fuzz, you can rub the washed peach gently with a paper towel.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	38 g	13%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	30 mg	1%

