

## Individual Fruit Crisp

Yield: 4 individual crisps

Preheat oven to 350<sup>o</sup>

This one is a favorite. Easy to make and versatile; use what you have on hand: fresh or frozen peaches, apples, pears, plums or berries. This dish satisfies a sweet tooth while providing heart healthy and antioxidant vitamins and minerals, all without salt!

### Filling

2 ½ cups sliced fruit w/ peel or berries (~2/3 cup fruit per serving)

2 Tbs apple juice

2 Tbs loose pack brown sugar

3 Tbs whole wheat flour

### Topping

1/3 cup 5 minute oats

1/4 cup wheat germ

1 Tbs honey

2 Tbs br. sugar loose pack

1/2 tsp cinnamon

1/4 tsp mace or nutmeg (optional)

1/3 cup walnuts chopped

2 Tbs cold heart smart margarine

### **Directions**

1. Coat the inside of 4 6-8 ounce ramekins using pan spray, oil or heart smart margarine
2. Combine flour and brown sugar in a small bowl
3. Combine fruit and juice in a medium size bowl
4. Sprinkle flour sugar mixture over fruit. Toss to coat fruit
5. Divide fruit mixture into 4 oiled ramekins.
6. Combine the crisp mixture using two forks or your hands. Combine until it forms small balls.
7. Sprinkle evenly over crisps, cover entire surface (do not pack down)
8. Bake for 15-20 minutes on baking tray lined with foil until tops are golden brown and juices are bubbling.

Nutritional Information: (per serving – varies with fruit used, this analysis is with plums)

Calories: 310

Fat: 12 g

Saturated Fat: 2 g

Protein: 6 g

Carbohydrates: 45 g

Cholesterol: 0 mg

Iron: 1.9 mg

Sodium: 53 mg

Fiber: 5 g