



Fruit Crisp

Makes 9 servings | Grain • Fruit

Ingredients

- 3 cups old fashioned oats
- 2 15-ounce cans peaches, pears, apricots, apples, etc.
- 1 Tablespoon cornstarch or flour
- 1 ½ cups coarsely crushed whole-wheat cereal
- ¼ cup sugar
- ½ cup *CNP Master Mix* (see back of card)
- 3 Tablespoons margarine, melted
- ⅓ cup chopped nuts, sunflower seeds, or peanuts (optional)

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F.
3. Drain fruit, saving 1 Tablespoon of liquid. Arrange fruit in 8x8-inch baking pan.
4. Mix fruit juice with cornstarch or flour and pour over fruit.
5. Mix cereal crumbs, sugar, *CNP Master Mix*, and margarine. Stir in nuts or seeds.
6. Sprinkle evenly over fruit. Bake at 350°F for 20 minutes.
7. Cut into nine pieces. Serve warm with low-fat frozen yogurt, if desired.



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CNP Master Mix

Ingredients

- 4 cups unsifted enriched flour
- 4 cups unsifted whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

Directions

1. Wash hands with warm, soapy water.
2. In a large bowl, combine flours, baking powder, sugar, salt, and dry milk powder.
3. Drizzle oil over dry mixture. Cut in with pastry blender, fork, or fingers until it resembles coarse cornmeal.
4. Store in covered container in refrigerator for up to 3 months.

Makes 10 cups



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Recipe from the **Cent\$ible Nutrition Program**. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.



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