



Fruit Crisp

Makes 9 servings | **Grain • Fruit**

Ingredients

- 2 15-ounce cans or 4 cups peaches, pears, apricots, apples, mixed fruit etc.
- 1 Tablespoon cornstarch or flour
- 1½ cups coarsely crushed whole-wheat cereal or ¾ cup oats
- ¼ cup sugar
- ½ cup *CNP Master Mix* (see below) or flour
- 3 Tablespoons margarine, melted
- ½ cup chopped nuts, sunflower seeds, or peanuts (optional)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F and spray baking an 8x8-inch baking pan with nonstick spray.
3. Drain fruit, saving 1 Tablespoon of liquid. Arrange fruit in baking pan.
4. Mix fruit juice with cornstarch or flour and pour over fruit.
5. Mix cereal crumbs or oats, sugar, *CNP Master Mix* or flour, 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.

CNP Master Mix

Makes 10 cups | **Grain**

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, and salt.
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.



Extension



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 Wind River Reservation CNP Educator at <https://uwycnp.org/wrir/>

1-877-219-4646 | <https://uwycnp.org/> | cnp-info@uwyo.edu