

Blueberry Pear Crisp

Makes 9 servings | Grain • Fruit

Ingredients

- 2 cups blueberries, fresh or frozen and thawed
- 1 15-ounce can pears or 2 fresh pears
- 1 Tablespoon cornstarch or flour
- 1 Tablespoon water or liquid from canned fruit
- $\frac{3}{4}$ cup oats
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup flour
- 3 Tablespoons margarine, melted
- $\frac{1}{3}$ cup chopped nuts, sunflower seeds, or peanuts (optional)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F and spray baking an 8x8-inch baking pan with nonstick spray.
3. If using fresh pears, wash them. If using canned pears, drain them, saving 1 Tablespoon of liquid.
4. Core pears (if fresh) and cut into bite-sized pieces or thin slices.
5. Arrange pears and blueberries in baking pan.
6. Mix water or liquid from canned fruit with cornstarch or 1 Tablespoon flour and pour over fruit.
7. Mix together oats, sugar, flour, and margarine. Stir in nuts or seeds.
8. Sprinkle evenly over fruit. Bake at 350°F for 20 minutes.
9. Enjoy warm or cold.



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 local CNP educator.

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