

# Blueberry Walnut Crisp

- Use fresh or frozen fruit in this recipe. A good option is to use over-ripe fruit that will go bad soon.
- When selecting fruit look to see what is cheaper, comparing fresh and frozen unit prices.
- Fresh fruits that are in season are cheaper than fruits not in season. Fruits in season tend to be displayed in front of other produce at grocery stores.
- Including oats in the topping provides a good source of fiber that slows down digestion of sugar.
- This dessert is healthy enough to be eaten for breakfast over Greek yogurt, hot or cold!

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>1/2 cup (1/10th of dish)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 20g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 2mg	10%
Potassium 116mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Blueberry Walnut Crisp

Servings: 10 Prep Time: 15 minutes Cook time: 40 minutes



## Ingredients:

- 6 cups, fresh or frozen blueberries
- 3/4 cup brown sugar, packed and divided
- 1/2 cup whole wheat flour
- 1/2 teaspoon ground cinnamon
- Non-stick cooking spray
- 1/2 stick (4 Tablespoons), cold, unsalted butter
- 1 cup quick oats
- 1 cup chopped walnuts

Optional:

- 1/4 teaspoon ground nutmeg

## Directions:

1. **Preheat** oven to 350 degrees.
2. **Rinse** fresh fruit. If using frozen fruit, thaw fruit for less blueberry texture or use frozen for more blueberry texture in crisp.
3. In a large bowl, **mix** fruit, 1/4 cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). **Mix** well.
4. **Spray** baking dish with non-stick cooking spray.
5. **Pour** fruit mixture into baking dish and **spread** evenly.
6. **Dice** butter into small cubes. In a medium bowl **combine** 1/2 cup brown sugar, flour, oats and butter. **Mix** with hands until crumbly, mashing butter into the oats and flour.
7. **Spread** oat mixture over fruit mixture. **Spread** walnuts on top of oat mixture. **Bake** uncovered on middle rack for 40 minutes, or until top is lightly browned or bubbly.
8. Let cool for 15-20 minutes before serving.

Modified by: Kristen Elliott, RDN, LD

Recipe Credit: Cooking Matters