

# Peach, Apricot, and Plum Crisp

## Ingredients:

### For the filling:

4 1/2 cups peaches, sliced  
 2 cups apricots  
 2 cups plums, sliced  
 3/4 cup sugar  
 3 tablespoons all-purpose flour  
 1/4 teaspoon nutmeg  
 Cooking spray

### For the topping:

1 cup old-fashioned oats  
 1/2 cup all-purpose flour  
 1/2 teaspoon salt  
 1/4 cup unsalted butter, melted

## Directions:

1. Preheat oven to 400°F.
2. Combine filling ingredients in a bowl.
3. Spoon fruit mixture into a 13x9 inch glass or ceramic baking dish lightly coated with cooking spray. Bake for 35 minutes.
4. Combine all topping ingredients except the butter in a bowl. Drizzle with butter, stirring until crumbly.
5. Sprinkle oat mixture over fruit. Bake an additional 15 minutes or until topping is lightly browned and fruit is bubbly. Serve warm.

Nutrition Facts	
Serving Size 1/2 cup (131g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 190	<b>Calories from Fat</b> 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 30g	
<b>Protein</b> 2g	
Vitamin A 8%	• Vitamin C 8%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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