## **Raspberry Blueberry Crumble**

## Ingredients:

- 1 cup blueberries
- 1 cup raspberries
- 2 cups apple juice
- 2 cups rolled oats
- 2 tablespoons non-fat butter or margarine
- 2 tablespoons brown sugar
- 2 teaspoons of cinnamon
- 1/2 teaspoon cloves

## **Directions:**

- 1. Preheat oven to 350°F.
- 2. Arrange blueberries and raspberries in a buttered baking dish. Pour apple juice on top.
- 3. Mix rolled oats, sugar, and spices in a medium bowl. Cut in butter or margarine with fingers or fork until evenly dispersed.
- 4. Cover blueberries and raspberries with oat crumble topping.
- 5. Bake for 45-60 minutes in preheated oven. Serve hot or cold.

## **Nutrition Facts** Serving Size (170g) Servings Per Container 12 Amount Per Serving Calories 150 Calories from Fat 25 % Daily Value\* Total Fat 3g Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 5mg 2% 0% Sodium 0mg Total Carbohydrate 31g 10% Dietary Fiber 4g 16% Sugars 17g Protein 2g Vitamin A 2% Vitamin C 8% Calcium 2% Iron 6% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Saturated Fat Less than 300mg 300mg 2,400mg 2,400mg Sodium Less than Total Carbohydrate Dietary Fiber 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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