

Berry Crisp

Ingredients:

- 2 cups blueberries
- 1 1/2 cups cranberries
- 3 tablespoons sugar
- 3/4 cups light brown sugar
- 7 tablespoons butter
- 1/2 cup whole wheat flour
- 1 cup rolled oats
- 3/4 teaspoons cinnamon

Directions

1. Preheat oven to 375°F. Rinse and drain cranberries and blueberries in square baking dish. Sprinkle with 3 tablespoons sugar.
2. In large bowl, combine oats, flour, cinnamon, and brown sugar.
3. Add butter and mix together until there is a crumb-like consistency.
4. Spread crumb topping over berries and bake for 35 minutes, or until berries are bubbly and crumb topping is lightly browned.

Nutrition Facts

Serving Size 1/2 cup (95g)
Servings Per Container 9

Amount Per Serving

Calories 200 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 37g **12%**

Dietary Fiber 3g **12%**

Sugars 23g

Protein 2g

Vitamin A 10% • **Vitamin C 10%**

Calcium 0% • **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:

		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

