

Fruit Crisp

Makes
6 servings

Prep time
15 minutes

Cook time
1 hour

Good source of
Fiber

Ingredients:

- 1½ cups local ripe mango, diced (or any fresh or canned fruit of your choice)
- 1 tsp. ground cinnamon
- ¾ cup whole wheat flour
- ¾ cup old-fashioned oats
- 2 Tbsp. brown sugar
- ¼ tsp. salt
- 3 Tbsp. butter, softened

Nutrition Facts

6 servings per container
Serving size 1/2 cup (80g)

Amount per serving
Calories **190**

% Daily Value*

Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 172mg	4%

*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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Preheat oven to 375°F.
2. In an ovenproof dish, add the diced fruit, making sure to cover the entire bottom of the dish. Sprinkle cinnamon over the fruit.
3. In a separate mixing bowl, combine the remaining ingredients. Mix and incorporate thoroughly so that the butter is combined well into the mixture. The mixture should appear crumbly and buttery-colored.
4. Sprinkle the mixture over the fruit.
5. Bake in the oven for 1 hour, or until golden brown and bubbling.
6. Serve hot and enjoy. Refrigerate any leftovers.

