

MFit Peach Blueberry Crisp

Servings: 8

Vary the fruit with the season such as pears and cranberries, apples and blackberries or plums.

2 pounds frozen peach slices (2 packages)
12 ounces frozen blueberries (1 package)
½ cup brown sugar, packed
3 tablespoons tapioca (minute tapioca)

Topping:

1 ½ cups oatmeal
½ cup brown sugar
½ cup sliced almonds
1 teaspoon cinnamon
¼ teaspoon nutmeg
2 egg whites

Combine the fruit, sugar and tapioca in a large bowl. Mix well.

Distribute combined fruit into a 9 x 13 inch baking dish or 10-inch pie dish, or 8 individual baking dishes.

Combine the topping ingredients into the large bowl. Mix well. Distribute topping evenly over the fruit in the baking dish.

Place in the middle of a preheated 350 degree oven and bake 30 – 40 minutes, or until the fruit is bubbly and the topping is golden brown.

Serving ideas: Great topped with low fat ice cream or frozen yogurt.

Per Serving: 344 Calories; 6g Fat (15.4% calories from fat); 6g Protein; 70g Carbohydrate; 0mg Cholesterol; 31mg Sodium; Dietary Fiber 5g.

Exchanges: 1 Grain (Starch); ½ Lean Meat; 2 Fruit; 1 Fat; 1 ½ Other Carbohydrates.