Peach crisp



Recipe credit

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

About this recipe

Serves
6
Serving size
1/6 of the recipe (136g)

Ingredients

- 4 peaches (4 cups sliced)
- 2 tablespoons margarine
- 3/4 cup quick-cooking oats
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1 teaspoon lemon juice

Directions

1. Preheat the oven to 375 degrees F.
2. Slice the peaches.
3. Spread the peach slices on the bottom of the baking pan.
4. Melt the margarine in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
6. Sprinkle the oat mix on top of the peaches.
7. Bake for 20 minutes.

Tips and variations

Serve the peach crisp either hot or cold. To remove the peach fuzz, you can rub the washed peach gently with a paper towel.

Nutritional info

Calories
197
Total fat
5 g
Saturated fat
1 g
Cholesterol
0 mg

Sodium
34 mg
Total carbohydrates
37 g
Dietary fiber
3 g
Protein
3 g
Total sugar
25 g

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