

## 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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