



## Peach and Berry Crumble

Serves: 4

### Ingredients

Vegetable oil spray	2 tsp. fresh orange juice or water
1 pound frozen unsweetened peach slices, thawed and halved, or 12 ounces peach slices and 4 ounces frozen unsweetened raspberries	½ tsp. vanilla extract
2 tsp. cornstarch	½ cup uncooked quick-cooking oats
	¼ cup sugar
	1 Tbsp. flour
	¼ tsp. ground cinnamon
	2 Tbsp. margarine or butter

Preheat oven to 350 degrees. Lightly spray a nonstick 8x4-inch loaf pan with vegetable oil spray.

In a medium bowl, stir together the peaches, cornstarch, orange juice, and vanilla until the cornstarch is dissolved.

Pour the peach mixture into the pan.

In a small bowl, combine the remaining ingredients except the margarine. Using 2 knives, cut the margarine into the oat mixture until it has a coarse texture and the pieces are about the size of small peas. Sprinkle over the peach mixture

Bake for 25 minutes, or until the peaches are tender. Remove from the oven.

Preheat the broiler. Broil the crumble for 3 to 4 minutes, or until the topping begins to brown. Remove from the broiler and let stand for about 30 minutes to allow the flavors to blend.

Per serving: 191 calories, 2 g protein, 38 g carbohydrates, 3.5 g total fat (0 g saturated fat), 0 mg cholesterol, 4 g fiber, 46 mg sodium