

## Peach Crisp

*Just Say Yes* to Fruits and Vegetables

*Yes, even we fruit and veggie fanatics enjoy a good dessert!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

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## Peach Crisp

Serves 5 • Serving: ½ cup



*With moderation, even dessert can be part of a healthy eating pattern.*

### Ingredients:

- 3 cups sliced peaches, fresh with peels on, or canned, drained and rinsed
- ½ cup flour
- ⅓ cup brown sugar
- ½ cup oats
- 1 teaspoon cinnamon
- ¼ cup margarine or butter
- ¼ teaspoon salt

### Directions:

1. Preheat oven to 350°F.
2. Cut peaches into bite-sized pieces.
3. Place peaches in medium baking dish.
4. Combine flour, brown sugar, oats, and cinnamon in a medium bowl.
5. Use a fork to mix the margarine or butter into the flour mixture until the mixture becomes crumbly.
6. Sprinkle the flour mixture over the peaches.
7. Bake for 30 minutes, or until peaches are tender.
8. Serve warm and enjoy!
9. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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