



Blackberry-Peach Crisp

This modified version of Chef Dean Rucker's Blackberry-Peach crisp provides a pleasant end to a great meal. This is a leaner version of what is usually a calorie-dense dessert, which means a little less guilt should you decide to top this warm crisp with some Light Cool Whip or (a small scoop of vanilla bean ice cream....just sayin').

Ingredients

- 1 cup frozen or fresh blackberries
- 1 cup frozen or fresh peaches
- 2 TBSP orange juice
- ½ tsp vanilla extract
- 1½ TBSP honey
- ¼ tsp nutmeg
- 6 TBSP whole wheat flour
- 6 TBSP rolled oats
- 3 TBSP brown sugar
- 2 TBSP canola oil
- 2 tsp cinnamon
- ¼ tsp ground cloves (optional)

Directions

- Heat oven to 375°
- Lightly coat four (4 ounce) ramekins with cooking spray
- Combine blackberries, peaches, orange juice and vanilla in a small bowl, mix well
- In a separate bowl, combine remaining ingredients until moist and crumbly
- Spoon juice-berry mixture into the ramekins, topping each with the crumb mixture
- Bake uncovered for 15-20 minutes or until fruit bubbles and the top is golden brown
- Makes 4 servings

The Data (per serving)

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| Calories: 240 cal | Carbs: 39 gm | Total Fat: 7.5 gm |
| Protein: 3 gm | Fiber: 5 gm | Sat. Fat: 0.5 gm |