SPENDSMART EATSMART

IOWA STATE UNIVERSITY
Extension and Outreach
Healthy People. Environments. Economies.

Fruit Crisp

Spanish PDF: Tarta de fruta.pdf
Serving Size: 1/2 cup
Serves: 8

Ingredients:

- 4 cups peeled, sliced apples or 1 29-ounce can sliced peaches in light syrup or juice, drained
- 1/2 cup quick or old fashioned rolled oats
- 1/3 cup all-purpose or whole wheat flour
- 1/3 cup granulated or brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup cold margarine or butter, cut into chunks
- Optional: 1/4 cup dried cranberries, raisins, or chopped nuts

Instructions:

1. Wash hands.
2. Preheat oven to 375°F.
3. Grease or spray bottom of an 8-inch round or square pan.
4. Spread sliced apples or drained peaches over bottom of pan.
5. Stir together the oats, flour, sugar, cinnamon, and salt. Cut in the margarine using a pastry cutter, knives or by squeezing through your clean hands. (The smaller the chunks, the easier it will be to spread on the fruit.) If desired, add dried fruit or nuts.
6. Sprinkle flour mixture over fruit.
7. Bake, uncovered, for about 25 minutes or until topping is golden and fruit is bubbly.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving	
Calories 150	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 1g	
Vitamin A 6% •	Vitamin C 4%
Calcium 2% •	Iron 4%

Tips:

- Great way to use less than perfect apples!