

RECIPES

Coffee Mug Peach Crisp



Ingredients (2 serving)

1¹/₂ cups washed, diced fresh peaches, pears or apples
 2 tablespoons butter or light butter
 1¹/₂ tablespoons brown sugar
 2 tablespoons whole wheat or white flour
 1/2 teaspoon cinnamon
 4 tablespoons quick oats
 Non-stick cooking spray

Healthy add-in:

raisins or dried cranberries.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Spray two microwave-safe coffee mugs or bowls with non-stick spray.
3. Divide the diced fruit into the mugs.
4. In a small bowl, combine the remaining ingredients and mix with a fork until crumbly.
5. Sprinkle the topping over the fruit.
6. Microwave on high, 3-5 minutes.

Nutrition Information per serving

240 calories, 13 g fat, 7.4 g sat fat,
 3.5 g protein, 30.4 g carbohydrate,
 3.9 g fiber, 94 mg sodium

PEACHES

Choose: peaches with few bruises.

Store: in a cool, dry place. Perforated plastic or paper bags help extend their shelf life. Keep peaches out of the sunlight.

How much? 4 peaches = about 1 pound.