Mixed Berry Crisp

4 servings
Prep: 20 minutes
Cook: 25 minutes

INGREDIENTS

BERRY FILLING
- 3 ½ CUPS OF MIXED BERRIES (ANY COMBINATION OF STRAWBERRIES (SLICED IN HALF), BLUEBERRIES, RASPBERRIES OR BLACKBERRIES)
- 2 TABLESPOONS OF MAPLE SYRUP
- 1 TABLESPOON OF CORNSTARCH
- 1 TABLESPOON OF LEMON JUICE

CRUMBLE
- 1 CUP OF OAT OR WHEAT FLOUR
- ¼ CUP PLUS 2 TABLESPOONS OF OLD FASHIONED ROLLED OATS (NOT INSTANT)
- ½ CUP ROUGHLY-CHOPPED PECANS
- ¼ TEASPOON KOSHER SALT
- 2 TABLESPOONS OF OLIVE OIL
- 2 TABLESPOONS OF MAPLE SYRUP

NUTRITIONAL INFORMATION

PER SERVING
386 CALORIES
18 G FAT
52 G CARB
7 G FIBER
22 G SUGAR
6 G PROTEIN

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614-884-HOPE (4673)
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INSTRUCTIONS

1. SET AN OVEN RACK IN THE CENTER AND PREHEAT THE OVEN TO 350°F.

2. ADD THE BERRY FILLING INGREDIENTS TO AN 8X8 BAKING DISH, MIX WELL. IF USING 4 SMALL RAMEKINS, MIX THE BERRY FILLING IN A MEDIUM BOWL FIRST. THEN EVENLY DIVIDE THE BERRY MIXTURE INTO THE RAMEKINS.

3. IN A LARGE MIXING BOWL, STIR ALL OF THE CRUMBLE INGREDIENTS EXCEPT FOR THE OLIVE OIL AND MAPLE SYRUP.

4. ADD THE OLIVE OIL AND MAPLE SYRUP TO THE CRUMBLE MIXTURE.

5. USE YOUR HANDS TO TOSS AND SQUEEZE THE MIXTURE TO GET A COHESIVE CRUMBLY TEXTURE. SPRINKLE THE CRUMBLE EVENLY OVER THE FRUIT AND BAKE, UNCOVERED, FOR 25 MINUTES OR UNTIL THE BERRY JUICES BEGIN TO BUBBLE AND THE TOPPING IS GOLDEN BROWN.