PEACH CRISP

Servings: 2 Cook Time: 20 Minutes

Ingredients:

- 1 tsp butter
- 1/2 cup rolled oats
- 1 tsp sugar
- 1/4 tsp cinnamon
- 1 tbsp olive oil
- 2 cups peaches, diced (or nectarines, plums, apricots, apples, berries, etc.)
- vanilla Greek yogurt

Anderson Free Clinic
Wellness Market

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Directions

1. Preheat oven to 350°F. Grease a 6 ½-inch cast iron skillet with butter.
2. In a small bowl, toss the oats with the cinnamon, sugar, and olive oil.
3. Put the fruit in the skillet, then top with the oat mixture. Bake for 35 minutes, until fruit is bubbly and oats are golden.
4. Let cool for 5-10 minutes, then top with a scoop of vanilla frozen yogurt, if desired. (Caution: skillet will be very hot)

Nutrition: 220 calories | 10g total fat, 2g sat fat | 3g protein | 30g carbs | 15g sugar | 4g fiber | 0mg sodium