

Very Berry Crisp



NUTRITION CONSULTING INC.

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Makes 12 Servings

What You Need

The berries, oatmeal, and whole wheat flour pack lots of fibre and antioxidants into this delightful heart healthy dessert!

6 cups mixed berries such as blueberries, raspberries, strawberries, blackberries, and/or cranberries (fresh or frozen)

1 cup whole wheat flour
½ cup soft tub non-hydrogenated margarine
1 ½ cups rolled oats
1 ½ cups brown sugar

Per Serving

Calories 313
Carbohydrates 55 g
Protein 5 g
Fat 9 g
Dietary Fiber 6 g

How You Prepare

1. Spray two 8 by 8 inch baking pans with non-stick spray. Layer the berries in the pans.
2. In a separate bowl with a pastry blender or fork mix together flour, margarine, oats, and brown sugar until blended into a crumbly mixture.
3. Spread this mixture over the berries.
4. Bake at 350F until done.