

Very Berry Crisp

By Robin Williamson

Nothing says comfort food like a warm fruit crisp. Here, colorful baked berries are wonderfully paired with a delicious crumble topping. With the addition of wheat germ and oatmeal to the topping, each serving of this crisp offers 5 grams of fibre but is low in fat.

Ingredients:

3 cups mixed berries, fresh or frozen (blueberries, strawberries, blackberries, raspberries)
½ cup oatmeal (not instant)
1/3 cup unbleached all-purpose flour
1/3 cup wheat germ
1/3 cup brown sugar, lightly packed
1/3 cup unsweetened shredded coconut
½ tsp ground cinnamon
3-4 tbsp butter, softened

Directions:

1. Preheat oven to 350°F.
2. Place berries in the bottom of an 8- by 8-inch baking pan.
3. In a medium bowl, combine oatmeal, flour, wheat germ, brown sugar, coconut, and cinnamon.
4. Using a pastry blender or two knives, cut in the butter until mixture is crumbly. Spread evenly over berries.
5. Bake for 30 minutes or until berries are bubbling and topping is nicely browned. Add an extra 10 minutes baking time if using frozen berries.

Makes 6 servings.

Nutrition analysis per serving: 240 calories, 11 g fat, 7 g saturated fat, 0 g trans fat, 20 mg cholesterol, 60 mg sodium, 30 g carbohydrate, 5 g dietary fibre, 14 g sugars, 4 g protein. % Daily Value: Vitamin A 6%; Calcium 2%; Vitamin C 25%; Iron 10%.

Nutrition Tips:

- Add ground or whole flax or sesame seed to the topping mixture for extra fibre, nutrients and crunch.
- Use white flour with added wheat bran instead of the all-purpose for a fibre boost. Or try substituting regular whole wheat flour for half of the all-purpose.
- Instead of butter, try a soft, non-hydrogenated margarine to lower the saturated fat. If it is too soft to cut in, melt it before mixing in.
- Top with a dollop of plain or vanilla low-fat yogurt for extra calcium. For a thicker topping, drain yogurt to make yogurt cheese. Flavor with a little bit of cinnamon or nutmeg.

Simply Delicious and Nutritious Vegetable & Fruit Recipe Contest Winner, 2007

