



Stovetop Peach Blueberry Crisp

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: About ½ cup

Ingredients

3 peaches, diced (can substitute another fruit, such as apples or plums)

½ cup blueberries

1 tablespoon lemon juice

2 teaspoons cornstarch

2 tablespoons maple syrup or honey, divided

¼ teaspoon plus a pinch cinnamon, divided

½ cup rolled oats

2 tablespoons sliced almonds

½ teaspoon vanilla extract

Pinch salt

1 tablespoon canola oil or avocado oil, divided

Directions

1. In a bowl, mix together the peaches, blueberries, lemon juice, cornstarch, 1 tablespoon of the maple syrup or honey, and 1/4 teaspoon of the cinnamon. Set aside.
2. In a separate bowl, mix together the rolled oats, sliced almonds, 1 tablespoon of the maple syrup or honey, the vanilla extract, a pinch of the cinnamon, and the salt.
3. Heat a skillet over medium heat. Add ½ tablespoon of the oil and heat until shimmering.
4. Add the oat mixture and reduce the heat to low. Cook, stirring frequently, until golden brown and toasted, about 4-6 minutes. Transfer mixture to a plate and set aside.
5. Add ½ tablespoon of the oil to the now-empty skillet and increase the heat to medium.
6. Add the fruit mixture. Cover the skillet with a lid and cook until the peaches are softened, about 8-10 minutes, removing the lid to stir occasionally.
7. Remove the lid and cook until the mixture has thickened, about 3-5 more minutes, stirring occasionally.
8. Top the fruit mixture with the oat mixture and serve warm.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 25 mg | Total Carbohydrate: 20.5 g | Dietary Fiber: 2.5 g | Protein: 2 g**

Submitted by Audrey Ferguson RDN

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