



# Ginger Blueberry Crisp

Prep: 5 minutes | Cook: 30 minutes | Inactive: 20 minutes | Total: 55 minutes

Yield: 6 servings | Serving Size: ~ $\frac{2}{3}$  cup

## Ingredients

Nonstick cooking spray  
3 cups blueberries (fresh or frozen; thawed if frozen)  
1-3 teaspoons grated fresh ginger, to taste (or  $\frac{1}{4}$ - $\frac{1}{2}$  teaspoon ground dried ginger)  
 $\frac{1}{2}$  cup old-fashioned (rolled) oats  
 $\frac{1}{2}$  cup white whole-wheat flour  
 $\frac{1}{3}$  cup brown sugar  
3 tablespoons unsalted butter, softened  
 $\frac{1}{2}$  teaspoon ground cinnamon

## Directions

1. Preheat the oven to 375°F.
2. Spray an 8x8-inch baking pan lightly with nonstick spray. Set aside.
3. In a medium mixing bowl, stir together the blueberries and ginger. Spread the mixture into the bottom of the prepared baking pan.
4. In a separate small mixing bowl, add the oats, flour, sugar, butter, and cinnamon. Mix with a fork or pastry blender until the mixture is combined and crumbly.
5. Sprinkle the oat mixture over the blueberry mixture.
6. Place the baking dish in the preheated oven and cook until the oat topping is lightly browned and crispy, about 25-30 minutes.
7. Remove the pan from the oven and let cool at room temperature for at least 20 minutes before serving.

## Recipe Notes

- This recipe will work well with other fruits such as apples, pears, cherries, peaches, or mixed berries.
- Store any leftovers in the refrigerator for up to 5 days.
- If using thawed frozen fruit, adding 1 tablespoon cornstarch to the fruit mixture can help thicken the texture.

**Nutrition Facts Per Serving: Calories: 190 | Total Fat: 6.5 g | Saturated Fat: 3.5 g  
Sodium: 70 mg | Total Carbohydrate: 30 g | Dietary Fiber: 3.5 g | Protein: 3 g**

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