

Blackberry Peach Crisp*

- 1 cup quick or old fashioned oats
 - 1 cup brown sugar, packed
 - 3/4 cup flour, divided
 - 1/2 cup margarine
 - 4 cups blackberries, fresh, frozen or canned
 - 2 cups sliced peaches
1. Preheat oven to 350°F. Spray an 8-inch by 8-inch baking dish with nonstick vegetable spray. Combine oats, brown sugar and 1/2 cup flour. Cut in margarine with pastry blender until well blended and moist enough to form a ball.
 2. Place well drained berries in bottom of baking dish and toss with remaining 1/4 cup flour. Add peaches to baking dish. Sprinkle crumb mixture evenly over fruit and bake in 350°F oven for 35 to 40 minutes or until golden brown.

Yields 8 servings.

*Raspberries or blueberries could be substituted for blackberries.

Nutrition Facts		
Servings per recipe: 8		
Amount Per Serving		
Calories 307		Calories from fat 108
		% Daily Value
Total Fat 12g		19%
Saturated Fat 2g		11%
Cholesterol 0mg		0%
Sodium 141mg		6%
Carbohydrate 47g		16%
Dietary Fiber 6g		24%
Protein 4g		8%
Vitamin A: 17%	Vitamin C: 30%	Folacin: 8%
Calcium: 5%	Iron: 10%	Potassium: 10%

Source: Oregon Raspberry & Blackberry Commission at <http://www.oregon-berries.com>

Provided by:

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