

MINI PEACH CRISPS



INGREDIENTS Serves: 4 | Serving Size: 1 crisp



peaches canned in 100% juice
1 - 15.25 oz can, drained



vanilla extract
1/2 teaspoon



cinnamon
1/2 teaspoon, divided



ground ginger
1/4 teaspoon



rolled oats
1/2 cup



flour
2 tablespoons



sugar
1 tablespoon



melted butter
1 tablespoon

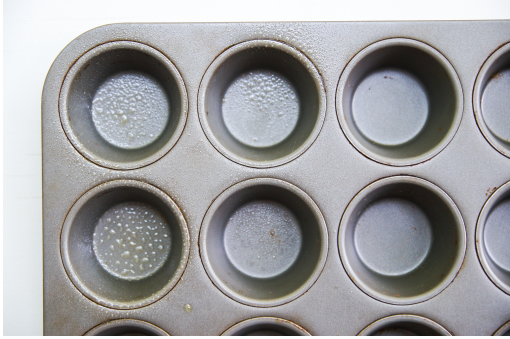


cooking spray



INSTRUCTIONS

1. PREHEAT OVEN



Preheat oven to 350°F, and lightly coat four muffin tin wells with cooking spray.

2. DICE & SEASON PEACHES



Dice peaches and add to a bowl with vanilla, ginger, and 1/4 teaspoon cinnamon.

3. MAKE CRUMBLE



In a separate bowl, mix oats, sugar, flour, and remaining cinnamon. Add melted butter and stir until thoroughly mixed and crumbly.

4. ADD PEACHES TO MUFFIN TIN



Divide the peach mixture into four portions and spread portions into greased muffin tin wells.

5. TOP WITH CRUMBLE



Evenly sprinkle the oat mixture on top of each of the peach portions.

6. BAKE



Bake at 350 degrees F for 30 minutes, or until peach mixture is bubbly and oats are crunchy.

NUTRITION INFORMATION

Calories: 170

Total Carbohydrate: 34g

Protein: 2g

Total Fat: 4g

Dietary Fiber: 0g

Sodium: 30mg

LOWCOUNTRY FOOD BANK



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