

Easy Baked Fruit Crisp

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



INGREDIENTS:

4 C (32OZ CAN) FRUIT

1 T CINNAMON

2T SUGAR

½ C WATER OR FRUIT JUICE FROM CAN

1 C ROLLED OATS

1 C WHITE WHOLE WHEAT FLOUR

1 C BROWN SUGAR

¼ T BAKING POWDER

¼ T BAKING SODA

½ C BUTTER, SOFTENED

DIRECTIONS:

PLACE THE FRUIT IN THE BOTTOM OF A GREASED 9X13 BAKING DISH. COMBINE THE CINNAMON, SUGAR AND WATER AND POUR OVER THE FRUIT. COMBINE THE REST OF THE INGREDIENTS AND CRUMBLE EVENLY OVER THE FRUIT. BAKE AT 350F FOR 35 MINUTES. MAKES 12 SERVINGS.

MACROS PER SERVING: 263 CALS 42G NET CARBS 9G FAT 3G PROTEIN