Ingredients:

1 serving of Vegetables and Fruit!

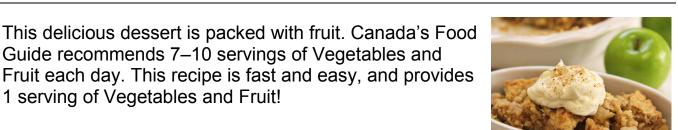
4 large	Apples, washed and sliced	4 large
1 - 14 ounce can	No sugar added sliced peaches,	1 – 398 mL can
	drained	
¹ / ₄ cup	Granulated sugar	60 mL
2 Tbsp	Flour	30 mL
1 tsp	Cinnamon	5 mL
1 cup	Quick cooking rolled oats	250 mL
¹ / ₄ cup	Brown sugar, packed	60 mL
¹ / ₄ cup	Soft non-hydrogenated margarine	60 mL

Directions:

- 1. Preheat oven to 375°F (190°C).
- 2. In a large bowl combine apples, peaches, granulated sugar, flour and cinnamon.
- 3. Toss until all fruit pieces are coated with flour mixture.
- 4. Spread fruit mixture into a greased baking pan.
- 5. In a medium bowl mix rolled oats with sugar.
- 6. Add the margarine and mix with your fingers until crumbly.
- 7. Sprinkle oat mixture over the fruit.
- 8. Bake in oven for 30 minutes or until fruit are tender.
- 9. Can be served warm or cold.

Makes 8 servings (175 mL/ ³/₄ cup/ 188 g)





Apple and Peach Crisp

Guide recommends 7–10 servings of Vegetables and

Nutrition Facts Per 1/8 of recipe (175 mL / ¾ cup / 188 g)		
Amount	% Daily Value	
Calories 250		
Fat 7 g	11 %	
Saturated 1 g	5 %	
+ Trans 0 g		
Cholesterol 0 mg		
Sodium 85 mg	4 %	
Carbohydrate 48 g	16 %	
Fibre 5 g	20 %	
Sugars 32 g		
Protein 3g		
Vitamin A	0 %	
Vitamin C	10 %	
Calcium	2 %	
Iron	8 %	

Nutrient Claim	Amount per serving
High in fibre	5 g
Low in saturated fat	1 g
Low in sodium	85 mg
Source of potassium	234 mg
Source of iron	1.2 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.