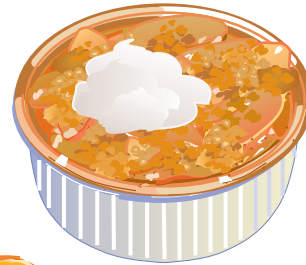


Blueberry-Peach Crisp

Ingredients:

- 1/4 cup crunchy nugget type cereal (e.g. grapenuts)
- 1/4 cup uncooked oatmeal (old fashioned or quick, not instant)
- 3 tablespoons brown sugar, packed
- 1 tablespoon margarine or butter, melted
- 1 cup peaches, peeled and sliced
- 1 cup blueberries
- 1 1/2 tablespoons orange juice
- 1 1/2 teaspoons lemon juice



Amount Per Serving	
Calories 300	Calories from Fat 60
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 1.5g	6%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 59g	20%
Dietary Fiber 6g	24%
Sugars 39g	
Protein 4g	
Vitamin A 30%	Vitamin C 35%
Calcium 4%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Preparation:

1. Combine cereal, oatmeal, and brown sugar in a bowl. Stir in melted margarine; set aside. Arrange fruit in small baking dish or loaf pan (about 4 x 7 inches). Combine orange and lemon juices; pour over fruit. Top with cereal-oat mixture.
2. Bake at 375°F for about 25 minutes, or until peaches are tender but not mushy and top is lightly browned.
3. Serve warm or cold with a scoop of vanilla non-fat frozen yogurt, if desired.

Makes two 3/4 cup servings

