

## Peach-Blueberry Breakfast Crisp



### Ingredients

- 4 – 5 large peaches, sliced
- ½ cup blueberries
- 3 Tbsp. applesauce
- ½ Tbsp. whole wheat flour
- ½ lemon, squeezed
- 1 cup rolled oats
- 2 Tbsp. brown sugar
- ¼ tsp. ground cinnamon
- 6 oz. container non-fat vanilla Greek yogurt (optional)

### Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, combine the peaches, blueberries, lemon, flour, cinnamon and 1 Tbsp. brown sugar. Mix well and set aside for approximately ten minutes.
3. In a separate bowl, mix the rolled oats, applesauce and the remaining brown sugar.
4. In a small baking pan (8 by 8 or smaller) spread the peach mixture and then top with the rolled oats mixture.
5. Bake for 40 to 45 minutes until the top is crisp
6. Top each serving with a dollop of yogurt.
7. Serve immediately and enjoy!

*Yield 8 servings, serving size: 1 serving. Calories: 108.  
Fat: <1 g. Cholesterol: <1 mg. Sodium: 6 g. Carbohydrates: 23 g.  
Fiber: 3 g. Sugar: 14 g. Protein: 3.9 g.*

*\*These facts may vary based on size, amount, and brand use. This information is only a guide.*