



Summer Fruit Crisp

This recipe can be served as dessert or breakfast. As a breakfast I would add ½ cup low fat cottage cheese to the crisp or on the side. As a dessert I recommend a protein (grilled chicken, lean meat, or fish) and a salad.

Serves 10

- 1½ cups old-fashioned rolled oats
- ½ cup unflavored protein powder or soy flour
- ¼ cup chopped walnuts
- 1 teaspoon ground cinnamon
- ½ cup unsweetened apple, or peach, or raspberry juice concentrate thawed if frozen
- ¾ cup unsweetened apple, or blueberry or peach juice
- 2 pints blueberries
- 1 pint raspberries
- 4 peeled pitted and slice nectarines
- 4 peeled pitted and slice peaches

1. Preheat the oven to 350°F.
2. In mixing bowl, mix together the oats, protein powder, walnuts, and half of the cinnamon. Add half of the juice concentrate and ¼ cup of the juice and mix well.
3. In another bowl, toss the sliced apples with the remaining cinnamon, apple juice concentrate and apple juice.
4. Spread the apple mixture in an 8-inch-square baking dish. Top evenly with the oat mixture. Cover with foil, bake for 25 minutes, remove the foil and bake for about 25 minutes longer or until the fruit is bubbling around the edges of the dish and the topping is crispy and golden brown. Let the crisp cool in the dish for about 10 minutes before serving.

Per serving: 17 grams carbohydrates, 3 grams protein, and 2 grams fat