

Banana Crumble

This warm, sweet treat is packed with whole fruits, whole grains, and topped with a lighter version of whipped cream.

Makes: 10 Servings
 Prep Time: 10 mins
 Cook Time: 15 mins

Source: [CookingMatters.org/recipes](https://www.cookingmatters.org/recipes)

Ingredients

- 4 bananas, sliced in half lengthwise
- 2 cups mixed fresh berries, rinsed and pat dry
- Non-stick cooking spray
- 5 Tablespoons whole wheat flour, divided
- 1 cup old-fashioned rolled oats
- 1/4 cup light brown sugar, packed
- 1 teaspoon ground cinnamon
- Pinch of salt
- 4 Tablespoons cold unsalted butter
- 2/3 cup nonfat plain yogurt
- 1 Tablespoon honey

Utensils Needed

- 9-inch square baking dish
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife
- Small bowl

Notes

- When berries are not in season, use frozen berries. Before adding, bring berries to room temperature and drain off any liquid.
- If using whole strawberries, cut in half or slice before using.



Small Changes,
 BIG Difference!



Directions

1. Preheat oven to 400°F.
2. Spray baking dish with non-stick cooking spray. Place the banana halves flat side down in the baking dish.
3. Toss berries with 1 Tablespoon flour. Sprinkle berries over the bananas.
4. In a medium bowl, add 4 Tablespoons flour, oats, sugar, and spices. Stir to blend.
5. Cut cold butter into little pieces. Add to bowl. Using your fingers, quickly blend the butter into the dry ingredients until the mixture is crumbly.
6. Spread the crumbly mixture over the fruit in an even layer. Press down slightly.
7. Bake about 10–15 minutes, or until the crumble is firm and golden in color.
8. While crumble bakes, stir together yogurt and honey in a small bowl to create a lighter version of whipped cream.
9. When crumble is done, spoon 1 Tablespoon of the yogurt and honey topping over each serving.

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$28.61

Average cost/serving: \$2.86

Makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 4 to Cart
Banana



Add 1 to Cart
Light Brown Sugar, 32 oz



Add 1 to Cart
Mixed Frozen Berries, 12 oz



Add 1 to Cart
Unsalted Butter, 16 oz (1 lb)



Add 1 to Cart
Whole Wheat Flour, 5lb



Add 1 to Cart
Nonfat Plain Yogurt, 32 oz



Add 1 to Cart
Old Fashioned Rolled Oats, 18 oz



Add 1 to Cart
Honey, 12 oz

My Cooking Notes

Nutrition Information

Serving Size: 1/10 of crumble and
1 Tablespoon topping

Nutrients	Amount
Calories:	180
Total Fat:	6 g
Saturated Fat:	3 g
Cholesterol:	15 mg
Sodium:	45 mg
Total Carbohydrates:	32 g
Dietary Fiber:	4 g
Total Sugars:	17 g
Added Sugars:	7 g
Protein	3 g