

# Peach Crisp

The perfect dessert when peaches are in season. Simple to prepare but absolutely scrumptious. This dessert can be served hot or cold.

Makes: 6 Servings  
 Prep Time: 15 minutes  
 Cook Time: 20 minutes

Source: Summer Recipes | SNAP-Ed (usda.gov)

## Ingredients

- 4 peaches (4 cups sliced)
- 2 tablespoons margarine
- 3/4 cup quick-cooking oats
- 1/4 cup sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1 teaspoon lemon juice

## Directions

1. Preheat the oven to 375 degrees F.
2. Wash and slice peaches.
3. Spread the peach slices on the bottom of the baking pan.
4. Melt the margarine in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
6. Sprinkle the oat mix on top of the peaches.
7. Bake for 20 minutes.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/6 of recipe (136g)	
Nutrients	Amount
Calories:	197
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	34 mg
Total Carbohydrates:	37 g
Dietary Fiber:	3 g
Total Sugars:	25 g
Added Sugars:	16 g
Protein:	3 g

## Utensils Needed

- Sharp knife
- Cutting board
- Small bowl
- Measuring cups and spoons
- Baking pan
- Saucepan

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$11.56

Average cost/serving: \$1.92

Makes: 6 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  
Peaches



Add 1 to Cart  
All-Purpose Flour 5 lb



Add 1 to Cart  
Margarine



Add 1 to Cart  
Granulated Sugar 4 lb



Add 1 to Cart  
Quick Oats, 18 oz



Add 1 to Cart  
Ground Cinnamon 2.5 oz



Add 1 to Cart  
Lemon Juice 4.5 oz

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Produce Tips: Peaches

- Peaches are available fresh, frozen and canned for good nutrition and convenience. If selecting fresh, choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.
- Store unripe peaches in a paper bag. When ripe, store at room temperature for use within 1-2 days.

### Preparation Tips

- To remove the peach fuzz, you can rub the washed peach gently with a paper towel.