

# Berry Peachy Crisp



# BERRY PEACHY CRISP

Prep Time: 10 minutes

Cook Time: 15-20 minutes

Yields: 4-6 servings

Serving Size: 1 cup

## INGREDIENTS

### Oatmeal Toppings

½ cup	WHOLE wheat flour
1 cup	old fashioned, rolled oats
⅓ cup	light brown sugar, firmly packed
5 tbsp	extra virgin olive oil
½ tsp	sea salt

### Fruit Filling

¼ cup	light brown sugar
⅓ cup	cornstarch
¼ tspn	sea salt
47 oz	peaches in 100% fruit juice
1 ½ cups	lentils, cooked, rinsed & drained
¼ cup	chopped, frozen spinach, thawed and drained
2 cups	fresh raspberries or diced mangos

## DIRECTIONS

1. In a small bowl, stir whole wheat flour, oats, brown sugar, salt and oil together until clumps form.
2. Pour mixture into a skillet on low heat. Stir constantly until lightly toasted for about 5 minutes.
3. Pour oatmeal topping mixture out of skillet and into a large bowl to cool while making the peach filling. Set aside until ready to use.
4. In a small bowl, combine the brown sugar, cornstarch and sea salt. Then place mixture in the same skillet as the oatmeal mixture was in. There is no need to wash out the skillet.
5. Turn up the skillet to medium heat. Add the peaches. (with juice) and spinach, stirring constantly. Using your spatula, break the peaches into small pieces in the skillet. Stir the mixture constantly for about 8 minutes or until mixture is thickened. Then add the lentils and cook for about another 2 to 3 minutes, until slightly translucent.
6. Add raspberries or mango to mixture right before serving. To serve, place a little oatmeal mixture in a serving cup, the peach mixture, more oatmeal mixture, then finish with a teaspoon of yogurt on top.

**FLIPANY.**  
The Ingredient to a Healthy Life

FLIPANY's mission is to educate and empower youth and adults through nutrition and physical activity programs while influencing policy changes for healthier communities.



[www.FLIPANY.org](http://www.FLIPANY.org)



Chef's Corner

This is wonderful as a dessert or breakfast.