

# 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.

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Chef's Corner

This is wonderful as a dessert or breakfast.