

FRUIT CRISP

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe plastic bowl

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

4 cups sliced fruit (apples*, 1 L

pears, peaches, berries)

2 tbsp sugar 25 ml

2 tsp orange or lemon rind 10 ml

1/2 cup rolled oats 125 ml

1/2 cup whole wheat flour 125 ml

1 tsp cinnamon 5ml

1/2 cup brown sugar 125 ml

1/3 cup butter or margarine, 75ml

melted

1/2 cup chopped walnuts 125 ml

Procedure:

1. In a 9" (23 cm) round dish, layer fruit with sugar and rind.
2. Combine oats, flour, cinnamon and brown sugar in a medium bowl.
3. Cut in butter, until texture is crumb like.
4. Stir in nuts and sprinkle over fruit.
5. Cook at **P4** 15 - 20 minutes, or until fruit is tender.

Makes: 6 servings

* Add 1/4 cup (50 ml) orange juice to apples.