



## Peach Blueberry Crisp

**Servings: 8**

### Filling

2 pounds frozen peach slices  
12 ounces frozen blueberries  
½ cup brown sugar  
3 Tbsp. tapioca (minute tapioca)

### Topping

1 ½ cups oatmeal  
½ cup brown sugar  
½ cup sliced almonds  
1 tsp. cinnamon  
¼ tsp. nutmeg  
2 egg whites

### Method

1. Preheat oven to 350 degrees F.
2. Combine the fruit, sugar and tapioca in a large bowl. Mix well
3. Distribute combined fruit into a 9 x 13 baking dish or 10 inch pie dish, or 8 individual baking dishes.
4. Combine the topping ingredients into the large bowl. Mix well. Distribute topping evenly over the fruit in the baking dish.
5. Place dish in the middle of the oven and bake 30-40 minutes, or until the fruit is bubbly and the topping is golden brown.

### Tips

Great topped with low fat ice cream or frozen yogurt.

### Nutrition Information (per serving)

286 calories (13% calories from fat), 4.1 grams total fat, (0.4 grams sat. fat), 5 gram protein, 59 grams carbohydrate, 4.4 grams dietary fiber, 0 mg cholesterol, 23 mg sodium, 53 mg calcium