

Peach apple crisp



Recipe credit

USDA, Center for Nutrition Policy and Promotion (CNPP), Recipes and Tips for Healthy, Thrifty Meals, 2000

About this recipe

Serves

8

Serving size

1/2 cup, 1/8 of recipe

Ingredients

- 1 can peaches, in light syrup, drained, sliced (15 ounce)
- 2 apples, tart, peeled, sliced (medium)
- 1/2 teaspoon vanilla
- 1/4 teaspoon cinnamon (ground)
- 3/4 cup flour
- 1/4 cup brown sugar (packed)
- 3 tablespoons margarine (chilled)

Directions

1. Preheat oven to 350 degrees. Lightly grease 9x9x2 inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 20 minutes.

Nutritional info

Calories

149

Total fat

4 g

Saturated fat

1 g

Cholesterol

0 mg

Sodium

40 mg

Total carbohydrates

27 g

Dietary fiber

2 g

Protein

2 g
Total sugar
16 g
Allergens
Dairy
Soy
Wheat

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