

## Recipe of the Month – May 2022

### Berry Crisp

Serves 8

Serving Size: ½ cup

Cost per Serving: \$1.15

#### Ingredients:

- 4 cups berries (*fresh or frozen*)
- ⅓ cup plus 1 Tablespoon white or whole wheat flour
- ½ cup oats (*old-fashioned or quick cooking*)
- ⅓ cup brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- ¼ cup butter or margarine, cold
- ¼ cup chopped nuts (optional)



#### Directions:

1. Preheat oven to 375°F.
2. Thaw berries, if frozen. Do not drain.
3. Mix berries with the 1 Tablespoon flour.
4. Grease or spray with nonstick cooking spray the bottom of an 8" round or square pan.
5. Spread berries over the bottom of the pan.
6. Stir together the flour, oats, brown sugar, cinnamon, and salt. Incorporate the butter or margarine into the flour mixture. Use a fork or your hands to break the butter down into pea-sized pieces while pressing it into the flour mixture. It will be easier to spread on the fruit with smaller chunks. Add nuts, if desired.
7. Sprinkle flour mixture evenly over fruit.
8. Bake uncovered for about 25 minutes or until topping is golden and fruit is bubbly.

#### Tip:

- Top with vanilla yogurt.

**Nutrition Facts per Serving:** 160 calories, 7g total Fat (3.5g sat. fat), 15mg.Cholesterol, 120mg Sodium, 26g Carbohydrates, 5g Fiber, 12g Sugar, 2g Protein

*Recipe compliments of Iowa State University Extension and Outreach:  
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Clermont County Extension**  
1000 Locust Street, PO Box 670  
Owensville, OH 45160  
Phone: 513-732-7070