

## **Peach Crumble**

**Brought to you by Holly Clegg and *Eating Well Through Cancer***

The crumbly cereal oatmeal topping adds fiber and crunch to this luscious baked peach dessert, which is hard to resist out of the oven. Great served warm with frozen vanilla yogurt for a treat. Any fruit, fresh or frozen, may be substituted for the peaches.

Makes 6 – 8 servings

- 1/3 cup light brown sugar
- 3/4 cup old fashioned oatmeal
- 1/2 cup natural wheat and barley cereal
- 1/2 cup all-purpose flour
- 1 1/2 teaspoons ground cinnamon, divided
- 1/2 teaspoon vanilla extract
- 2 tablespoons canola oil
- 2 tablespoons orange juice
- 1 (16-ounce) package frozen peaches
- 3 tablespoons sugar
- 1 tablespoon cornstarch



1. Preheat oven 350°F. In bowl, combine brown sugar, oatmeal, cereal, flour, and 1/2 teaspoon cinnamon. Stir in vanilla, canola oil, and orange juice until crumbly; set aside.
2. In 2-quart dish coated with nonstick cooking spray, toss peaches with sugar, remaining 1 teaspoon cinnamon, and cornstarch, coating well. Sprinkle oatmeal mixture on top.
3. Bake 35 - 45 minutes or until bubbly.

Nutrition information per serving

Calories 198, Protein (g) 3, Carbohydrate (g) 37, Fat (g) 5, Calories from Fat (%) 21, Saturated Fat (g) 0, Dietary Fiber (g) 3, Cholesterol (mg) 0, Sodium (mg) 48, Diabetic Exchanges: 1 starch, 0.5 fruit, 1 other carbohydrate, 1 fat