



Triple Berry Fruit Crisp

MyPlate2Yours - Lynn Dugan

Ingredients

1 cup fresh blueberries
1 cup fresh strawberries, sliced
1/2 cup fresh raspberries
1 tablespoon sugar
Juice of half lemon (1 tablespoon)
1 teaspoon lemon zest
3 tablespoons whole wheat flour
1/2 cup rolled oats
1/4 cup slivered almonds
1/4 cup canola oil
1/4 cup brown sugar
1/4 teaspoon cinnamon

Directions

Preheat oven to 350°F. Spray small baking cups (ramekins) with cooking spray. Set aside. In a bowl, combine berries, sugar, lemon juice and zest, and 1 tablespoon flour. Mix to combine. Divide evenly amongst the baking dishes.

Combine 2 tablespoons flour, oats, nuts, oil, brown sugar, and cinnamon. Mix well. Sprinkle this topping evenly over the baking dishes. Bake in center of oven until golden and bubbly, 20-25 minutes. ENJOY!!