

MIXED FRUIT CRISP

INGREDIENTS

- 1 can mixed fruit
- 1 can peaches
- 1/2 cup flour
- 1/2 stick butter, melted
- 1 1/2 cups oats
- Optional:

1/2 cup chopped and lightly toasted nuts (walnuts, almonds, pecans)

RECIPE



- Heat oven to 425F
- Lightly butter 8-inch square pan. Pour fruit into pan
- In small bowl, combine oatmeal, flour, nuts (if using), and melted butter. Stir well until topping clumps together and sprinkle over fruit
- Bake 15 minutes or until golden brown. Remove from oven and serve warm



Recipe Adapted From: <https://www.thespruceeats.com/easy-canned-fruit-crisp-recipe-304949>

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**WAYS TO LIMIT
ADDED SUGAR
CONSUMPTION**

Drink water, unsweetened tea and coffee, and calorie free drinks

Choose fruit as a sweetener in items such as yogurt and cereal

Choosing packed foods that have less or no added sugar such as yogurt, applesauce, or frozen/canned fruit

Natural vs Added Sugar



Natural Sugar– sugar that occurs naturally in food such as lactose in dairy and fructose in fruit

- Milk and fruit offer other nutritional benefits like protein, calcium, vitamin D, vitamin C and fiber

Added Sugar– ingredients that are added to food as they are being processed

- Added sugar is often found in items such as soft drinks, fruit drinks, baked goods, candy and ice cream
- Consuming too much added sugar can lead to obesity, tooth decay, increased inflammation. etc.
- Names of common added sugars: high fructose corn syrup, corn syrup, molasses, dextrose, invert sugars

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