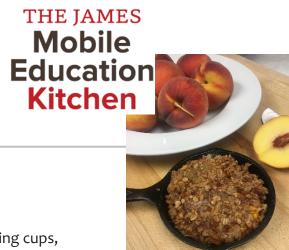
# Fresh Peach Crisp



## **Diabetic Friendly**

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, fork, mixing bowl, small baking dish

Serves: 4

### **Ingredients:**

- 2 cups peaches, sliced
- 1 tsp vanilla extract (optional)
- 1 tsp cinnamon (optional)
- ½ cup rolled oats
- ¼ cup whole wheat flour
- ¼ cup sliced almonds (optional)
- 1 tbsp brown sugar
- 1 tsp cinnamon
- 1 pinch kosher salt
- ¼ cup butter
- ½ cup greek yogurt (optional)

#### **Directions:**

- Heat oven to 350°F
- 2. Slice peaches and arrange in an even layer on the bottom of a small baking dish
- 3. In a mixing bowl mix oats, flour, almonds, brown sugar, cinnamon and salt evenly
- 4. Cut butter into cubes and crumble into oat mixture until just blended
- 5. Press oat mixture into top of peaches in an even layer
- 6. Bake for ~30 minutes, until oat topping is golden brown
- 7. If desired serve crisp topped with 2 tbsp greek yogurt



### Nutrition Information (per ¼ recipe- without Greek yogurt):

Calories: 260 Fat: 15 g Carbs: 27 g Protein: 5 g Fiber: 5 g Sodium: 150mg

https://wexnermedical.osu.edu/nutrition-services

https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education



