



Triple Berry Crisp

Ingredients

For the filling:

- 1 1/2 cups sliced strawberries
- 1 1/2 cups blueberries
- 1 1/2 cups raspberries
- 1/4 teaspoon cinnamon
- 1 teaspoon lemon zest
- 2 teaspoon cornstarch
- 1/4 cup sugar

For the topping:

- 1 cup quick oats
- 3 tablespoons light brown sugar
- 3/4 teaspoon cinnamon
- 2 1/2 tablespoons melted butter

Instructions

- Heat oven to 375F degrees.
- Combine strawberries, blueberries, raspberries, sugar, cinnamon and lemon zest in large bowl.
- Sprinkle with cornstarch. Toss until fruit is coated.
- Place fruit in an ungreased pie dish.
- Mix remaining topping ingredients in a medium bowl and sprinkle over fruit.
- Bake about 40 minutes or until topping is golden brown and fruit is tender.

NUTRITION PER SERVING (BASED ON 8 SERVINGS):
CALORIES: 190 | CARBOHYDRATES: 42G | PROTEIN: 2G |
FAT: 5G | FIBER: 4G