

# Blueberry Nectarine Crisp

## Ingredients

- 5 cups blueberries
- 2 large nectarines, peeled, chopped
- 2 Tbsp. brown sugar
- 1 Tbsp. all-purpose flour (can substitute whole wheat or cake flour)
- Zest of 1 lemon

## Granola Topping:

- 1 1/2 cups regular oats
- 1 oz. (2 Tbsp.) chopped pecans
- 1 oz. (2 Tbsp.) chopped almonds
- 1 oz. (2 Tbsp.) chopped walnuts
- 1/4 cup pure maple syrup
- 1/2 tsp. cinnamon
- Pinch salt

## Optional:

- low-fat vanilla frozen yogurt, ice cream or whipped topping



## Nutrition Facts

Yield 8 servings

### Amount Per Serving

**Calories** 241

Calories from fat: 67 (28%)

**Fat** 8g

Saturated Fat 1g

**Cholesterol** 0mg

**Sodium** 16mg

**Carbohydrate** 41g

Dietary Fiber 5g

**Sugar** 22g

**Protein** 5g

## Preparation

1. Combine fruit, sugar, flour and lemon zest in a medium bowl; toss to coat.
2. Spoon fruit mixture into an 11 x 7 inch baking dish.
3. For the topping, combine all ingredients and toss to evenly coat oat-and-nut mixture with syrup.
4. Sprinkle granola over the blueberry-nectarine mixture.
5. Bake at 375 degrees F for 30 minutes or until bubbly.
6. Serve with frozen yogurt, ice cream or whipped topping.

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