

RECIPE



Berry Crisp with Nuts & Oatmeal Topping

Superfoods RX: 14 Foods that Will Change Your Life

Topping

- ½ cup chopped almonds
- ½ cup chopped pecans
- ½ cup chopped walnuts
- 1-cup regular oats
- 3 T maple syrup
- 2 T wheat germ
- 2 T flour (either whole wheat or unbleached all purpose)
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp pure vanilla extract

Filling

- 4 cups blackberries, blueberries, strawberries, raspberries or a mix. I use Trader Joe's frozen berry blend
- 2 T maple syrup
- 1 tsp cinnamon
- 1 tsp lemon or lime zest
- 16 oz non-fat regular or frozen yogurt for topping

Preheat oven to 325 F. To prepare topping; spread nuts on baking dish and toast for 5-8 minutes, or until golden brown. Stir once or twice during roasting. Transfer nuts to a stirring bowl. Add oats, syrup, wheat germ, flour, cinnamon, nutmeg, and vanilla. Mix well. For the filling: slice berries if needed (I use frozen berries from Trader Joe's). Toss in syrup, cinnamon, and zest. Spread the fruit in an 8-inch square baking pan or pie plate. Top with crisp and bake 15-20 minutes, or until the fruit is tender, bubbling around the edges, and the crisp is lightly browned. Serve topped with a 2 oz dollop of yogurt.

Makes eight servings (with whole wheat flour and non-fat plain regular yogurt) @ 290 calories, 8 g protein, 14 g fat, 36 g carbs, 0 mg cholesterol, 40 mg sodium, 6 g fiber, 21 g sugar