

Fresh Peach Crisp

Dessert

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



Directions:

1. Heat oven to 350°F.
2. Slice peaches and toss with vanilla and cinnamon in a small bowl. Next, 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 together.
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>

Diabetes & Metabolism
Research Center

