

Strawberry Rhubarb Crisp

This fruit crisp is a good source of vitamin C, which helps your immune system to keep you healthy! Serve with a dollop of yogurt for an extra special treat!

Serves 12



Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 12

Amount Per Serving

Calories 250 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 5g **25%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 55mg **2%**

Total Carbohydrate 38g **13%**

 Dietary Fiber 5g **20%**

 Sugars 22g

Protein 4g

Vitamin A 6% • Vitamin C 80%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

Filling

- 5 cups strawberries, quartered
- 5 cups rhubarb, diced
- ¼ cup honey
- 1 tablespoon orange zest
- Juice from 1 orange

Topping

- 2 cups granola cereal
- ½ cup old-fashioned rolled oats
- ½ cup brown sugar
- ½ cup unsalted butter, melted
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt

Directions

1. Preheat oven to 375 degrees.
2. In a large bowl, mix filling ingredients together well, and spread into a 9 by 13 inch baking dish.
3. In a separate bowl, mix cereal, oats, sugar, salt and cinnamon.
4. Drizzle melted butter over top this mixture and stir until crumbly consistency forms.
5. Spread topping over fruit mixture.
6. Bake for 35-45 minutes until top is crisp and fruit mixture is bubbly.

