

Peach Apple Crisp

Canned [peaches](#) are available, sliced or in halves, packed either in sugar syrup or water. [Apples](#) are a good source of soluble fiber, especially pectin, which helps control insulin levels by slowing the release of sugar into your bloodstream.

Ingredients:

20 ounces canned sliced peaches, light-syrup pack, drained
2 medium apples, tart, peeled, sliced
1/2 teaspoon vanilla
1/4 teaspoon ground cinnamon
3/4 cup plus 3 tablespoons flour
1/4 cup packed brown sugar
3 tablespoons butter, chilled

Directions:

1. Preheat oven to 350 degrees and lightly grease 9 by 9 by 2-inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 20 minutes.

Preparation time: 20 minutes

Cooking time: 20 minutes

4 Servings, about 1/2 cup each, plus 4 servings for another meal

Per serving:

- Calories 175
- Total fat 5 grams
- Saturated 1 grams
- Cholesterol 0 milligrams
- Sodium 57 milligrams

Courtesy of [Fitness and Freebies Blog](#)