

Peach Crisp

To ripen peaches, store in a brown bag at room temperature. Ripe peaches can be stored in the crisper bin of your refrigerator for up to five days. See also: [Peeling Peaches](#)

Ingredients:

4 peaches (4 cups sliced)
2 tablespoons margarine
3/4 cup quick-cooking oats
1/2 cup sugar
1/4 cup flour
2 teaspoons cinnamon
1 teaspoon lemon juice

Directions:

1. Preheat the oven to 375 degrees.
2. Slice the peaches.
3. Spread the peach slices on the bottom of the baking pan.
4. Melt the margarine in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
6. Sprinkle the oat mix on top of the peaches.
7. Bake for 20 minutes.

Recipe Note

Serve the peach crisp either hot or cold. To remove the peach fuzz, you can rub the washed peach gently with a paper towel.

Serving Size: Serving Size: 1/6 of recipe
Recipe yields 6 servings.

Per serving:

- Calories 200
- Total fat 4.5 grams
- Saturated fat 1 gram
- Trans fat 1 gram
- Cholesterol 0 milligrams
- Sodium 30 milligrams
- Total Carbohydrate 40 grams
- Dietary Fiber 3 grams
- Sugars 22 grams
- Protein 3 grams

Courtesy of [Fitness and Freebies Blog](#)