

Cherry Crisp, Oat Topping

Portion Size: ½ cup

Yield: 12

Ingredients:

Quick Oatmeal	1 1/3 cup
Whole Wheat Flour	1/3 cup
Brown Sugar	2 ½ TBSP
Canola Oil	¼ cup
Cooking Spray	as needed
Fresh Cherries	5 cups
Cornstarch	3 tbsp
Sugar	½ cup
Lemon Juice	1 ½ TBSP

Preparation:

1. In a bowl, combine oats, whole wheat flour, brown sugar, and oil. Mix until evenly distributed. Set aside.
2. Prepare pan (preferably what crisp will be served in) with pan spray.
3. Remove stems from cherries. Cut cherries in half and discard pits.
4. In a separate bowl, toss cherries with cornstarch, sugar, and lemon juice. Place cherry mixture in prepared pan.
5. Sprinkle with crumbled oat mixture. Bake in a 350°F oven until cherries are tender and topping golden brown. Check crisp periodically and cover with foil if crumble browns too quickly.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
200	2	36	3	23	6	<1	1



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