

Whole Wheat Peach Crisp

- 8 large, ripe peaches, peeled and sliced
- 2 Tablespoons lemon juice
- 1/3 cup sugar
- ¾ cup whole-wheat flour
- 1/3 cup unprocessed, uncooked wheat bran
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- Nonstick cooking spray

Topping:

- ¾ cup whole-wheat flour
- ½ cup brown sugar
- ½ teaspoon salt
- 5 Tablespoons reduced fat margarine/butter spread, cut into small pieces
- ¾ cup regular oats
- 1/3 cup sliced almonds (optional)

- Preheat oven 425° F. Combine the peaches and lemon juice, tossing to mix. Combine the remainder of the Filling ingredients and add to peaches, mixing lightly. Spray a 9-inch-square baking pan with nonstick cooking spray. Spoon peach mixture evenly into dish.
- To prepare topping, blend the flour, brown sugar, and salt. Cut chilled butter into mixture until it resembles coarse meal. Add oats and (optional) almonds. Sprinkle over peaches.
- Bake for 10 minutes; reduce heat to 350° F and bake for an additional 40 minutes.

Servings: 8

Per Serving: Calories 312; Fat 9g (1.5g saturated fat); 24% of calories from fat; Dietary Fiber 1g; Cholesterol 0mg