PEACH CRISP

BAKE TIME: 35 min | PREP TIME: 15 min | SERVINGS: 8-10

INGREDIENTS

For the filling

- 3 cans of peaches, drained
- 1/4th cup brown sugar
- 1 tbsp lemon juice
- 1 tsp cinnamon
- ½ tsp pure vanilla extract

For the topping:

- 1 cup oats
- ¼ cup AP or oat flour
- ¼ cup brown sugar
- 1-2 tsp cinnamon
- ¼ cup cold unsalted butter, cut into small cubes

PREPARATION

1. Preheat oven to 350°F. Lightly spray an 8×8-inch baking dish.
2. Add peaches, lemon juice, vanilla, cinnamon, cornstarch and brown sugar to the baking dish. Stir to combine.
3. In a bowl, combine oats, flour, brown sugar, cinnamon and salt.
4. Using clean hands, gently pinch and rub the butter into the oat mixture until crumbly. Sprinkle the oat mixture evenly over the peaches.
5. Bake for 30–35 minutes, or until the peaches are bubbling and the topping is lightly golden.

This peach crisp highlights the natural sweetness of the fruit while using less added sugar. Oats add a satisfying crunch along with fiber. Pair it with yogurt in the morning for added protein and fullness, or enjoy it after a meal.



Store leftovers in an airtight container - keep in fridge for up to 4 days.

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