

## Easy Peach Crisp

*Peaches and oats - a great combination!*

8 servings

### Ingredients:

3 cans (16 ounces each) peaches, drained and sliced

1/3 cup margarine

1/3 cup flour

1 cup uncooked oats, quick or old fashioned

1/2 cup brown sugar

1/2 teaspoon salt

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

### Directions:

1. Spray an 8-inch square glass baking dish with cooking spray and arrange peaches on bottom. 2. Melt margarine in a small glass dish in microwave for 45 seconds. 3. Mix flour, oats, brown sugar, salt, cinnamon and nutmeg in a bowl. Add margarine and mix until crumbly. 4. Sprinkle mixture over peaches. 5. Microwave uncovered for 7 to 8 minutes.

**Nutrition Facts:** One 3/4 cup serving provides 290 calories, 8g total fat, 0mg cholesterol, 250mg sodium, 51g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

www.kidsacookin.ksu.edu

**Chef's Choice**  
Easy Peach Crisp  
Milk

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