



## Fruit Crisps are Fast and Tasty

Fruit crisps are simple to make, and a delicious way to add fruit to your family's day. Though recipes may vary slightly, crisps are all similar and quick to make. Instead of canned peaches, you may wish to use canned or fresh apples, berries, rhubarb, cherries—there are dozens of possibilities! As for the topping, it is usually a mixture of oats or granola, with some sugar and spices added in, and some flour to slightly thicken the fruit juices. With canned fruit, a crisp becomes a quick dessert you can make with all the ingredients on hand in the cupboard. Although fruit crisps are easy, they are so tasty that your family will love them—and they will benefit from the extra serving of fruit and whole grain!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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