

Dessert

Blueberry Crisp II

Dash Magazine - July 2012

DashRecipes.com

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

1 1/2 cups flour

3/4 cup brown sugar

1 stick cold butter, diced

1/2 teaspoon salt

6 cups blueberries

2 tablespoons instant tapioca

1 cup granulated sugar

1/4 cup orange juice

1 teaspoon cinnamon

Preheat oven to 350 degrees.

In a food processor, combine the flour, brown sugar, butter and salt. Pulse the mixture into coarse crumbs.

In a large mixing bowl, combine the berries, tapioca, granulated sugar, orange juice and cinnamon. Spoon into a large baking dish. Top with an even layer of crumbs.

Bake for about 40 minutes or until the topping is golden brown and the filling bubbles.

Serve with ice cream, if desired.

Per Serving (excluding unknown items): 400 Calories; 12g Fat (26.5% calories from fat); 3g Protein; 72g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 263mg Sodium. Exchanges: 1 Grain(Starch); 1 Fruit; 2 1/2 Fat; 2 1/2 Other Carbohydrates.