

Dessert

Blueberry Crisp

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Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 55 minutes

Serve warm or at room temperature with low-fat vanilla ice cream.

Cooking spray

4 teaspoons cornstarch, divided

2 tablespoons brown sugar

1/2 teaspoon vanilla extract

1 pound fresh blueberries

2 1/4 ounces (1/2 cup) all-purpose flour

1/2 cup packed brown sugar

1/4 cup old-fashioned rolled oats

3 tablespoons walnuts, chopped

2 tablespoons cornmeal

1/2 teaspoon salt

1/4 teaspoon ground cinnamon

1/4 cup chilled butter, cut into small pieces

Preheat oven to 375 degrees.

Coat an 8-inch square glass or ceramic baking dish with cooking spray.

Sprinkle two teaspoons of cornstarch evenly in the dish.

In a large bowl, combine the remaining two teaspoons of cornstarch, two tablespoons of brown sugar, vanilla and blueberries. Toss to mix thoroughly. Place in the prepared baking dish.

Weigh or lightly spoon the flour into a dry measuring cup. Level with a knife.

In the bowl of a food processor, combine the flour, 1/2 cup of brown sugar, rolled oats, walnuts, cornmeal, salt and cinnamon. Pulse twice to combine.

Add the butter. Pulse five times or until the mixture resembles coarse meal. Spoon the topping evenly over the blueberries, packing down lightly.

Bake for 30 minutes or until the filling is bubbly and the topping is golden.

Yield: 8 1/2 cup servings

Per Serving (excluding unknown items): 261 Calories; 2g Fat (8.2% calories from fat); 5g Protein; 56g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 144mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1/2 Fat; 1 Other Carbohydrates.