

Peach Crisp

Ladies Home Journal - Delicious Desserts

Servings: 6

*1/3 cup peach or apricot preserves
1/8 teaspoon ground cinnamon or
nutmeg
2 teaspoons lemon juice
4 cups peeled and sliced peaches or
nectarines
3 tablespoons all-purpose flour
1/2 cup quick-cooking rolled oats
2 tablespoons cornmeal
2 tablespoons honey
1 teaspoon vanilla*

Preparation Time: 20 minutes

Bake: 40 minutes

Preheat the oven to 375 degrees.

In a large bowl, stir together the preserves and cinnamon. Stir in the lemon juice. Add the peaches or nectarines. Stir gently to coat. Sprinkle with flour. Stir gently to combine. Transfer the fruit mixture to a nine-inch pie plate.

Bake for 20 minutes.

For the topping: In a small bowl, stir together the oats and cornmeal. Stir in the honey and vanilla. Sprinkle the topping over the fruit mixture.

Bake about 20 minutes more or until the topping is golden and the filling is bubbly.

Serve warm.

Per Serving (excluding unknown items): 49 Calories; trace Fat (1.6% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	49	Vitamin B6 (mg):	trace
% Calories from Fat:	1.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	92.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	8mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 11g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): trace
Potassium (mg): 15mg
Calcium (mg): 1mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 12IU
Vitamin A (r.e.): 1RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 2
% Refuse: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 49 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	11g	4%
	Dietary Fiber trace	1%
Protein	1g	
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Vitamin A		0%
Vitamin C		1%
Calcium		0%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.