

Peachy Pear Crumble

Servings: 6

Preparation Time: 30 hours

Start to Finish Time: 55 hours

1/2 cup peach preserves

1/4 cup fresh lemon juice

1/4 teaspoon ground ginger

6 pears, peeled, cored, sliced

1/4 cup flour

1/4 cup rolled oats

1/4 teaspoon salt

1/4 teaspoon cinnamon

1 tablespoon butter

1 tablespoon brown sugar

2 tablespoons milk

6 teaspoons low-fat sour cream

Heat oven to 375 degrees. Set aside an 8-inch square baking pan.

Place peach preserves, lemon juice and ginger in a medium saucepan over medium-high heat. Simmer to liquefy the preserves. Add pear slices, lower heat and simmer 5 minutes.

Meanwhile, combine the flour, oats, salt, brown sugar and cinnamon in a small bowl. Blend in the butter to make a crumbly mixture. Add milk and loosely combine until just blended, tossing with a fork.

Pour pear mixture into the baking pan. Sprinkle crumble topping evenly over the surface.

Bake at 375 degrees for about 25 minutes or until top is lightly browned and bubbling.

Serve warm - plain or with a few teaspoons of sour cream or frozen yogurt.

Per Serving (excluding unknown items): 229 Calories; 3g Fat (12.1% calories from fat); 2g Protein; 52g Carbohydrate; 5g Dietary Fiber; 7mg Cholesterol; 128mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 1/2 Other Carbohydrates.