

Blueberry Crisp a la mode

Makes: 8 servings

Ingredients:

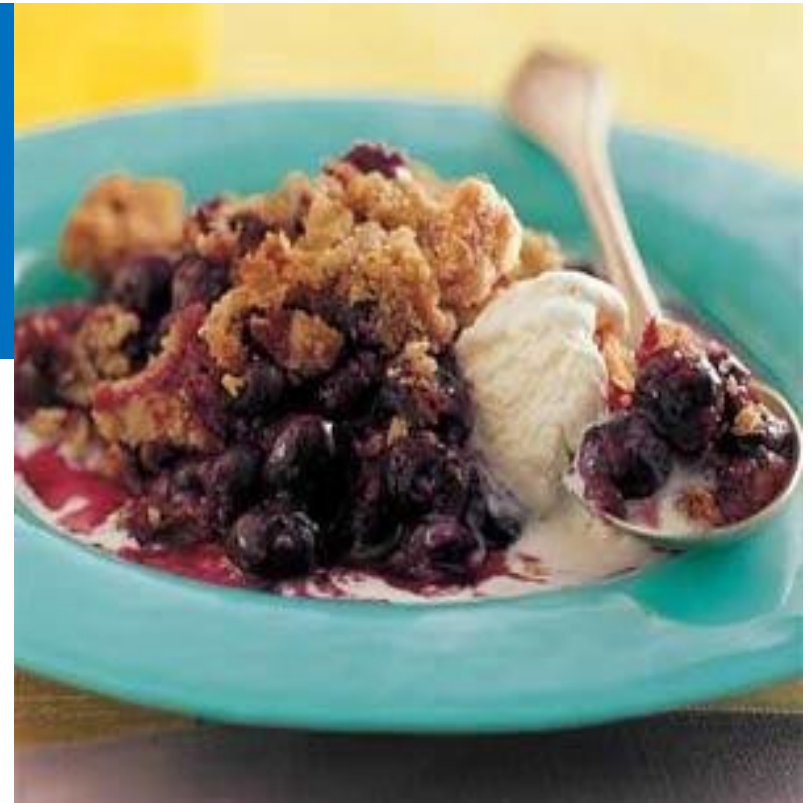
- 6 cups blueberries
- 2 Tbsp brown sugar
- 1 Tbsp all purpose flour
- 1 Tbsp fresh lemon juice
- 2/3 cup all purpose flour
- ½ cup packed brown sugar
- ½ cup regular oats
- ¾ tsp ground cinnamon
- 4 ½ Tbsp chilled butter or stick margarine, cut into small pieces
- ¾ tsp ground cinnamon
- 2 cups vanilla low-fat frozen yogurt

Instructions:

1. Preheat oven to 375 degrees
2. Combine the first 4 ingredients in a medium bowl, spoon into an 11x7 inch baking dish.
3. Lightly spoon flour into a measuring cup and level with a knife. Combine 2/3 cup of flour, ½ cup brown sugar, oats and cinnamon, and cut in the butter with a pastry blender or two knives until the mixture resembles coarse meal. Sprinkle over the blueberry mixture.
4. Bake at 375 degrees for 30 minutes or until bubbly.
5. Top each serving with ¼ cup frozen yogurt.

Nutrition Information per Serving

288 calories, 22 mg cholesterol,
4.8 g saturated fat, 96 mg sodium,
3.8g fibre, 4.2g protein



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