

# Recipe for

## FALL FRUIT CRISP

---

EQUIPMENT NEEDED Baking dish (a baking sheet will also work),  
mixing bowl, cutting board, knife, mixing utensil, and measuring cups.

SERVES 2 ESTIMATED COST \$2.00 COST PER SERVING \$1.00

### INGREDIENTS

- 1 cup of your favorite seasonal fruit (i.e. apples, peaches, pears)
- ½ cup uncooked rolled oats
- 1 tbsp butter or coconut oil, melted
- 1 tsp cinnamon
- 1 pinch salt
- ½ tbsp honey

### METHOD OF PREPARATION

1. Preheat the oven to 400°F and lightly grease the baking dish.
2. Slice your fruit of choice into 2-inch, bite-sized pieces and place in the baking dish.
3. Combine melted butter or coconut oil in mixing bowl with oats, cinnamon, and salt. Stir until oats are evenly coated.
4. Transfer oat mixture to baking dish, layering oats over the fruit.
5. Then, drizzle honey over oats and bake in the oven for 10 minutes and then broil for 5 minutes or until oats are toasted.
6. Remove from oven and let sit for 5 minutes. Enjoy!

# Recipe for

## FALL FRUIT CRISP

### NUTRITION INFORMATION

Fall Fruit Crisp		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>179.4</b>	
		% Daily Value*
<b>Total Fat</b>	7.2 g	9 %
Saturated Fat	3.8 g	19 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	15.3 mg	5 %
<b>Sodium</b>	75.4 mg	3 %
<b>Total Carbohydrate</b>	27.8 g	10 %
Dietary Fiber	4.2 g	15 %
Total Sugars	11.1 g	
Added Sugars	4.3 g	9 %
<b>Protein</b>	3 g	
Vitamin D	0 mcg	0 %
Calcium	29.5 mg	2 %
Iron	1.1 mg	6 %
Potassium	150.2 mg	3 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](https://cronometer.com) </>

### HEALTH BENEFITS

**Honey** is rich in antioxidants, which can help protect cells from oxidative stress and inflammation, contributing to overall health and potentially reducing the risk of chronic diseases when consumed as part of a balanced diet. Consuming local honey may help alleviate allergy symptoms. It contains trace amounts of local pollen, and regular exposure to these small quantities can potentially desensitize the immune system, reducing allergic reactions and providing relief from seasonal allergies.



### HEALTH BENEFITS

**Seasonal fall fruits** such as apples, peaches, and pears are packed with essential vitamins, minerals, and antioxidants. Consuming these fruits can support your immune system, help maintain healthy skin, and provide vital nutrients like vitamin C and dietary fiber.

#### References:

1. Recipe provided by Gabrielle La Chapelle

**Maryland University  
of Integrative Health**

7750 Montpelier Rd.  
Laurel, MD 20723  
410-888-9048 | [outreach@muih.edu](mailto:outreach@muih.edu)  
[www.muih.edu](http://www.muih.edu)