

Berry Oat Crumble

Serving Size: ½ bowl

Number of Servings: 2

Cook Time: 5 minutes

INGREDIENTS

Fruit Base

1. 1 ½ cup mixed berries
2. 1 teaspoon of Stevia
3. ½ teaspoon of cinnamon
4. 1 tablespoon of flax seeds

Crumble

1. 4 tablespoons of oats
2. 2 tablespoons of whole wheat flour
3. 2 teaspoons of canola oil
4. 2 teaspoons of honey
 - a. **OR** Brown sugar, maple syrup, etc.
5. ½ teaspoon cinnamon
6. Pinch of salt

DIRECTIONS

1. For fruit base: Place mixed berries in microwave safe bowl. Microwave for 2 minutes.
2. After cooking, add flaxseed, stevia, and ½ teaspoon of cinnamon to warm berries and stir.
3. For crumble: combine rolled oats, flour, canola oil, honey, ½ teaspoon of cinnamon, and salt into a bowl. Mix together.
4. Add half of the crumble mix into the cooked berries. Stir to combine.
5. Sprinkle the remaining crumble mix on top of the berry mix. Microwave for 1 minute or until dish is warm.
6. Let cool, then enjoy

Recipe adapted from 24carrotlife.com

RECIPE COST	
Total Cost*	\$20.62
Cost per Recipe	\$1.27
Cost per Serving	\$0.63
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	½ bowl
Calories	224
Fat	7 g
Healthy Fat <small>(mono- & poly-unsaturated fat)</small>	6 g
Saturated Fat	<1 g
Sodium	242 mg
Carbohydrate	37 g
Fiber	8 g
Sugar	13 g
Added Sugar	6 g
Protein	5 g

	Berry Cobbler	Betty Crocker Mug Cobbler	Walmart - Patti's Good Life Cobbler	McDonald's Apple Pie
Serving	½ bowl	1 mug	1/8 pie	1 apple pie
Calories	224	270	280	248
Fat	7 g	5 g	13 g	11 g
Saturated Fat	<1 g	3 g	7 g	6 g
Sodium	242 mg	380 mg	170 mg	95 mg
Carbohydrate	37 g	54 g	39 g	35 g
Sugar	13 g	34 g	28 g	16 g
Fiber	8 g	2 g	1 g	4 g
Protein	5 g	3 g	2 g	2 g