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

<table>
<thead>
<tr>
<th>Berry Cobbler</th>
<th>Betty Crocker Mug Cobbler</th>
<th>Walmart - Patti's Good Life Cobbler</th>
<th>McDonald's Apple Pie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving</td>
<td>½ bowl</td>
<td>1 mug</td>
<td>1/8 pie</td>
</tr>
<tr>
<td>Calories</td>
<td>224</td>
<td>270</td>
<td>280</td>
</tr>
<tr>
<td>Fat</td>
<td>7 g</td>
<td>5 g</td>
<td>13 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;1 g</td>
<td>3 g</td>
<td>7 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>242 mg</td>
<td>380 mg</td>
<td>170 mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>37 g</td>
<td>54 g</td>
<td>39 g</td>
</tr>
<tr>
<td>Sugar</td>
<td>13 g</td>
<td>34 g</td>
<td>28 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>8 g</td>
<td>2 g</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>5 g</td>
<td>3 g</td>
<td>2 g</td>
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RECIPE COST

<p>| | |</p>
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<tbody>
<tr>
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<tr>
<td>Cost per Recipe</td>
<td>$1.27</td>
</tr>
<tr>
<td>Cost per Serving</td>
<td>$0.63</td>
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</table>

*assuming you don't have any of the listed items

NUTRITION FACTS

Serving ½ bowl
Calories 224
Fat 7 g
Healthy Fat (mono- & poly-unsaturated fat) 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

Healthy Lifestyle Clinic

SNACK - SKILLS FOR NUTRITIONAL AND CULINARY KNOWLEDGE