



Get Up & Move!

Peach Crisp

- 4 peaches (4 cups sliced)
- 2 tablespoons margarine or butter
- 3/4 cup quick-cooking oats
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1 teaspoon lemon juice

Slice peaches, spread in 8-inch baking dish. Sprinkle with lemon juice.

Melt margarine, mix in oats, sugar, flour, and cinnamon. Stir until well blended.

Sprinkle the oat mixture on top of the peaches.

Bake for 20 minutes until bubbly.

Serves 6.

Nutrition Facts	
Serving Size (152g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 40g	13%
Dietary Fiber 3g	12%
Sugars 26g	
Protein 3g	
Vitamin A 10%	• Vitamin C 15%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

