

# Fruit Crumble

**Servings:** 8

**Diet:** Vegetarian

## Ingredients

- 1 teaspoon of oil for pan
- 4 (15 ounce) cans any fruit, canned in water, drained
- ½ teaspoon ground cinnamon
- 1 tablespoon flour
- 1 ½ tablespoon sugar
- 1 ½ cups oats
- 7 tablespoons flour
- 4 tablespoons cold unsalted butter, cubed
- 4 tablespoon brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon salt

## Instructions

**STEP 1:** Preheat the oven to 350°F. Oil a 9x13 pan. Mix canned peaches, cinnamon, flour and sugar in a large bowl and set aside.

**STEP 2:** To make the crumble, combine oats, flour, cold butter, brown sugar, cinnamon and salt. Use your hands to mix together until butter is crumbly.

**STEP 3:** Pour the peach mixture into the oiled pan and sprinkle the oat crumble evenly over top.

**STEP 4:** Bake uncovered until browned and filling is bubbling, about 45-50 minutes.



- **Ingredient Swap:** Substitute canned fruit with 6-7 cups fresh or frozen fruit. Add dried fruits or chopped nuts for extra flavor.
- **Did You Know?** Oats are a whole grain and contain fiber which is important for a healthy gut and healthy heart.



Per Serving: 230 Calories | 40g Carbs | 19g Sugar | 5g Fiber | 8g Fat (4g Sat Fat) | 4g Protein | 85mg Sodium  
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