

Easy Peach Crisp

Peaches and oats - a great combination!



Level: Easy

Serves 8

Kids' Tool Kit

Can opener 
8X8-inch
glass baking dish
Small dish
Large mixing bowl
Fork
Strainer
Knife
Measuring cups
Measuring spoons

Chef's Choice

Easy Peach Crisp
Milk

Ingredients:

3 cans (16 ounces each) peaches,
drained and sliced
 $\frac{1}{3}$ cup margarine
 $\frac{1}{3}$ cup flour
1 cup uncooked oats, quick or
old fashioned
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg



Directions:

Remember to wash your hands!

1. Spray an 8-inch square glass baking dish with cooking spray and arrange peaches on bottom.
2. Melt margarine in a small glass dish in microwave for 45 seconds.
3. Mix flour, oats, brown sugar, salt, cinnamon and nutmeg in a bowl. Add margarine and mix until crumbly.
4. Sprinkle mixture over peaches.
5. Microwave uncovered for 7 to 8 minutes.



Helpful Hints: This recipe works well in a regular oven, too. Just preheat the oven to 350 degrees, (325 degrees if you use a glass baking dish) and bake for 22 to 25 minutes, or until golden brown and bubbly.



Safety Tip: Be sure to have a dry, heat-proof surface ready for this dish when it comes from the oven. Water on the stove or counter top can cause a hot glass pan to break! Remind young cooks that even pans in the microwave oven get hot. Use a thick, dry hot pad to remove the crisp from the microwave for cooling.

Nutrition Facts

Serving Size 3/4 cup (209g)	
Servings Per Container 8	
Amount Per Serving	
Calories 290	Calories from Fat 80
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	10%
Sugars 39g	
Protein 4g	
Vitamin A 10%	Vitamin C 110%
Calcium 2%	Iron 6%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.