



## Summer Recipe III

### Peach Crisp

Makes 6 to 9 servings

#### *Filling:*

2 pounds peaches, about 7, 5 to 6 cups, cubed

¼ cup arrowroot powder

1 teaspoon Chinese 5 Spice powder; or combined cinnamon and cardamom

1/4 teaspoon sea salt

1/2 cup brown rice syrup or pure maple syrup

Zest of a small lemon

1 tablespoon lemon juice

1 teaspoon vanilla extract

#### *Topping:*

1/2 cup rolled oats

1/2 cup whole wheat pastry flour

1/8 teaspoon sea salt

2 tablespoons light vegetable oil (Spectrum walnut)

2 tablespoons brown rice syrup

1. Preheat oven to 400°. To prepare filling, combine fruit with dry ingredients (arrowroot, spice and salt), then stir in remaining ingredients. Transfer to a small (1 1/2-quart) baking dish (or a 9-inch pie plate placed on a baking sheet to avoid dripping). Cover dish with a sheet of parchment paper under a layer of foil. Bake until fruit is tender when tested in the middle and juices bubble around the edges, about 45 minutes.

2. To prepare topping, mix dry ingredients. Stir in oil, then sweetener. Rub the mixture between your palms. Distribute topping mixture over fruit. Return to oven to bake until topping is golden, 15 to 20 minutes more.

*Variations: **Blueberry or Blueberry-Peach Crisp:*** Substitute some or all blueberries for peaches. Substitute orange for lemon.

***Plum & Apricot Crisp:*** Substitute these stone fruits for peaches.

***Berry Crisp:*** Include mainly strawberries with some raspberries and blackberries. Fold rasp- and blueberries in last.

For 9 servings:

Calories: 195 Protein: 2g Saturated Fat: 0.3g Fiber: 3g Carbohydrate: 39g Fat: 4g Cholesterol: 0  
Sodium: 47mg

Calories from Protein: 5% Calories from Fat: 18% Calories from Carbohydrate: 77%