

Berry Crisp

4 cups favorite fresh berries
1 cup whole wheat flour
¾ cup white sugar
½ tsp ground cinnamon
½ cup light mayonnaise

Serves 9

Nutrient Value (per serving)

Calories: 180
Carbohydrate: 34 g
Protein: 2 g
Saturated Fat: 1 g
Fiber: 3 g
Sodium: 91 mg

Nutrition Center - UI College of Public Health
www.uiowanutritioncenter.org

1. Preheat oven to 350°F.
2. Place berries into 9-inch square baking dish.
3. In medium bowl, stir together flour, sugar and cinnamon. Stir in the mayonnaise until the mixture resembles coarse crumbs. Sprinkle over top of berries.
4. Bake for 35-40 minutes, until the top is lightly browned.

Note: You might already have four out of these five ingredients in your refrigerator and pantry. Simply choose your berries!

Berry Seasons (locally):

Blueberries – June, July

Blackberries – July

Raspberries – July through October

Strawberries – June through August