Stovetop Fruit Crisp

INGREDIENTS

Topping:
1 Tbsp butter or coconut oil
1 Tbsp sweetener (try brown sugar, cane sugar, honey, or maple syrup)
1/2 cup old fashioned or quick-cook oats
1/2 tsp cinnamon (optional)

Filling:
1 1/2 cups fruit, sliced or diced (use fresh, frozen or canned)
1-2 Tbsp sweetener (try honey, maple syrup, brown sugar, or cane sugar)
1/4 tsp cinnamon (optional)

Notes: Try apples, berries, peaches or pears. For dense fruits like apples or pears slice thinly or dice small to speed up cooking. For extra crunch, add a 1/4 cup of chopped nuts to the topping mixture.

PREPARATION

In a medium frying pan over low heat, melt butter. Add sweetener and whisk to combine. Increase heat to low-medium and cook until starting to lightly bubble, stirring frequently. Add oats and cinnamon (+ nuts if using) and stir to coat. Cook for 3-4 minutes or until lightly toasted, stirring often. Scoop onto plate and set aside.

In the same pan, over medium-low heat, add fruit, sweetener and cinnamon. Stir to combine. Cook for 3-4 minutes, or until lightly bubbling. Scoop fruit mixture into a bowl and sprinkle with crisp topping.

Enjoy as is, or try it with a small scoop of ice cream or a scoop of your favorite yogurt. Leftovers can be stored in an air-tight container in the fridge for 1-2 days.
Microwave Fruit Crisp

**INGREDIENTS**

**Filling:**
- 3/4 cup fruit, sliced or diced *(use fresh, frozen or canned)*
- 1 Tbsp sweetener *(try honey, maple syrup, brown sugar, or cane sugar)*
- 1/8 tsp cinnamon *(optional)*

**Topping:**
- 1/2 Tbsp butter or coconut oil
- 1/2 Tbsp sweetener *(try brown sugar, cane sugar, honey, or maple syrup)*
- 1/4 cup old fashioned or quick-cook oats
- 1/4 tsp cinnamon *(optional)*

**Notes:** Try apples, berries, peaches or pears. For dense fruits like apples or pears slice thinly or dice small to speed up cooking. For extra crunch, add 2 Tbsp of chopped nuts to the topping mixture.

**PREPARATION**

In a microwave-safe cup or mug, mix together fruit, sweetener and cinnamon. In a small microwave-safe bowl, melt butter in microwave for 15-30 seconds. Stir in sweetener, oats and cinnamon. Stir in nuts, if using.

Sprinkle mixture on top of fruit and microwave for 1 and 1/2 minutes. Check and, if needed, continue to microwave in 30 second increments until it begins to bubble lightly. Dense fruit like apples will take longer.

Enjoy as is, or try it with a small scoop of ice cream or a scoop of your favorite yogurt. Leftovers can be stored in an air-tight container in the fridge for 1-2 days.

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