

## Blueberry Crisp

Yield: 6 servings



### Ingredients

- 4 cups fresh blueberries, washed, drained well
- ½ cup packed brown sugar
- ½ tsp cinnamon
- ½ cup flour
- ¾ cup quick cooking rolled oats
- pinch of salt
- ½ stick softened butter (4 tbsp)

### Directions

1. Pour blueberries into a lightly buttered baking dish.
2. In a bowl combine the flour, brown sugar, cinnamon, oats, salt, and butter. Stir with a fork until the mixture is crumbly and evenly blended. Spread the mixture over the berries and bake at 375 degrees F. for 40 minutes. Let cool to warm before serving.

### Nutrients (approximately)

231 Calories per serving,  
Fat 8.8g, Cholesterol 20.4 mg, Sodium 58.9 mg,  
Carbohydrates 37.6g, Fiber 3.6g, Sugars 21.3g, Protein 2.8g

Share this recipe with a friend!

## Blueberry Crisp

Yield: 6 servings



### Ingredients

- 4 cups fresh blueberries, washed, drained well
- ½ cup packed brown sugar
- ½ tsp cinnamon
- ½ cup flour
- ¾ cup quick cooking rolled oats
- pinch of salt
- ½ stick softened butter (4 tbsp)

### Directions

1. Pour blueberries into a lightly buttered baking dish.
2. In a bowl combine the flour, brown sugar, cinnamon, oats, salt, and butter. Stir with a fork until the mixture is crumbly and evenly blended. Spread the mixture over the berries and bake at 375 degrees F. for 40 minutes. Let cool to warm before serving.

### Nutrients (approximately)

231 Calories per serving,  
Fat 8.8g, Cholesterol 20.4 mg, Sodium 58.9 mg,  
Carbohydrates 37.6g, Fiber 3.6g, Sugars 21.3g, Protein 2.8g