

# Peach Crumble

## Ingredients

( [mayoclinic.com/health/healthy-recipes/NU00419](http://mayoclinic.com/health/healthy-recipes/NU00419) )

8 ripe peaches, peeled, pitted and sliced  
Juice from 1 lemon  
1/3 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/2 cup whole wheat flour  
1/4 cup packed dark brown sugar  
2 tablespoons trans-free margarine, cut into thin slices  
1/4 cup quick cooking oats

## Method

Preheat oven to 375 degrees. Lightly coat a 9-inch pie pan with cooking spray. Arrange peach slices in prepared pie plate. Sprinkle with lemon juice, cinnamon and nutmeg. In a small bowl, whisk together flour and brown sugar. With your fingers, crumble margarine into flour-sugar mixture. Add oats and stir to mix evenly. Sprinkle flour mixture on top of peaches. Bake until peaches are soft and topping is browned, about 30 minutes. Cut into 8 even slices and serve warm.

## Note

Calories: 140, total fat: 3g, protein: 2g, fiber: 3g, sodium: 40mg