



Let's cook something delish!

Pear Berry Breakfast Crisp

6 servings

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Ingredients

TOPPING

- 1½ cups rolled oats
- ¼ cup whole-wheat flour
- ⅛ tsp salt
- ¼ cup honey
- ¼ cup margarine, melted
- ¼ cup chopped hazelnuts
- ¼ cup vanilla low-fat Greek yogurt

PEAR-BERRY FILLING

- 3 ripe pears (about 18 ounces), cored, cut in ½-inch slices
- 2 cups fresh or frozen blueberries or any berries
- 1 Tbsp cornstarch
- 1 tsp ground cinnamon
- ¼ tsp ground cloves
- ¼ tsp salt
- 2 Tbsp honey
- 2 tsp vanilla extract

Directions

1. Preheat oven to 350°F.
2. To prepare the topping, combine the oats, flour and salt in a medium bowl. Stir well to combine; set aside. Stir together honey and margarine in a small bowl. Add the honey mixture to the oat mixture; toss gently to coat the ingredients. Stir in the hazelnuts. Set aside.
3. To prepare the filling, combine the pears, blueberries, cornstarch, cinnamon, cloves and salt in a medium bowl. Stir together honey and vanilla extract in a separate small bowl; gently toss with the pear-berry mixture.
4. Pour the pear-berry mixture into an 8x8-inch baking dish. Spread the oat topping over the fruit. Bake for 30 - 40 minutes, until the top is golden brown.
5. Serve warm or cold, topped with Greek yogurt.

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Nutrition facts: Calories: 330, Total fat: 12 g, Saturated fat: 2 g, Cholesterol: 0 mg, Sodium: 220 mg, Total carbohydrate: 52 g, Fiber: 7 g, Total Sugars: 26 g, Protein: 6 g | EatRight.org® Academy of Nutrition and Dietetics

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.