



AULTCARE WELLNESS RECIPE



PERFECT PEACH CRISP

Ingredients:

Filling:

5 cups sliced peaches

2 Tbsp white whole wheat flour

¼ teaspoon ground ginger

½ teaspoon ground cinnamon

Topping:

5 Tbsp salted butter softened

⅓ cup rolled oats

1/3 cup white whole wheat flour

2 tablespoons maple syrup

1/4 cup light brown sugar

1 teaspoon ground cinnamon

1/4 teaspoon salt

Total time : 1 hour

Prep time: 15 minutes

Servings: 6



Instructions:

Step 1:

Preheat the oven to 400°F and spray an 8x8-inch baking dish with non-stick cooking spray.

Step 2:

In a large bowl, toss together the sliced peaches, white whole wheat flour, ginger, and cinnamon. Be sure the peaches are coated in all the flour and spices.

Step 3:

Pour the peaches into the greased pan and spread them out evenly. Set aside.

Step 4:

Prepare the topping of the crisp by adding the rolled oats, white whole wheat flour, brown sugar, maple syrup, cinnamon, and salt to the bowl and mix the ingredients together.

Step 5:

Then, add in a stick of softened butter and use a fork (or your hands) to cut the butter into the dry ingredients until it forms little crumbles. Evenly spread the crumble topping over the peaches in the baking dish.

Step 6:

Bake at 400°F for 40-50 minutes or until the peach filling begins to bubble, the peaches are at the desired consistency, and the crumble topping begins to brown. Remove from the oven and let set for 10 minutes before serving.