

Blackberry-Peach Crisp

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by Chef Dean Rucker

The Golden Door, Escondido, California

The buttery, cookielike topping in most crisp recipes is usually a calorie bomb. But chef Dean Rucker uses a whole-grain crumble of whole-wheat flour and rolled oats that's gently sweetened with honey, so you save calories and get almost 5 grams of fiber per serving. Feel free to swap in other fruit options to take advantage of the season's freshest picks.

Yield: Makes 4 servings

ingredients

Canola-oil cooking spray

1 cup fresh blackberries

1 cup fresh peaches, pitted and sliced

4 tsp fresh orange juice

1/2 tsp vanilla extract

3 tbsp whole-wheat flour

3 tbsp rolled oats

2 tbsp brown sugar

4 tsp canola oil

2 tsp honey

1 tsp cinnamon

1/8 tsp nutmeg

preparation

Heat oven to 375°F. Coat four 4-oz ramekins with cooking spray. Combine berries, peaches, juice and vanilla in a bowl and mix well. In a separate bowl, combine remaining ingredients with hands until moist and crumbly. Spoon fruit mixture into ramekins; scatter crumb mixture evenly over the top of each. Bake 15 to 20 minutes or until fruit bubbles and top is golden brown.

nutritional information

The skinny: 159 calories per serving, 5.4 g fat (0.4 g saturated), 27.2 g carbs, 4.7 g fiber, 2.8 g protein

Nutritional analysis provided by Self