

Summer Strawberry Crisp

Ingredients

4-6 cups strawberries, cut in half
2 tablespoons maple syrup
2 tablespoons instant tapioca or corn starch
1/2 teaspoon ground nutmeg
1/2 teaspoon vanilla
1/2 cup white whole wheat flour
1/4 cup cold butter
1/4 cup brown sugar
1/2 cup old-fashioned oats
1/2 teaspoon ground cinnamon
1/8 teaspoon salt

Instructions

1. Heat oven to 375°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
2. In medium bowl, toss strawberries, maple syrup, tapioca, nutmeg and vanilla. Spoon into baking dish.
3. In separate medium bowl, mix flour, the oats, brown sugar, salt and cinnamon. Cut in butter, using pastry blender (or pulling 2 table knives though ingredients in opposite directions), until mixture looks like coarse meal. Sprinkle over berry mixture.
4. Bake 40 minutes or until topping filling is bubbly and is golden.

Makes 8 to 10 servings

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