



RECIPE CARD

Microwave Fruit Crisp

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Frozen fruit works well in this recipe as well. Just be sure to thaw it out before using. Or you can use canned fruit that has been rinsed to remove the sugar. Don't have a microwave? You can also cook this dish in a regular oven: Bake at 375 degrees Fahrenheit for 45 minutes or until the top is golden brown.

Ingredients

2 cups **Fruit** diced or sliced
2 tablespoons **Butter** softened
or 2 tablespoons **Vegetable Oil**
2 tablespoons **Brown Sugar**
4 tablespoons **Rolled Oats**
2 tablespoons **Flour Whole-wheat**
1/2 teaspoon **Ground Cinnamon**
3 tablespoons **Walnuts** chopped, optional or 3 tablespoons **Pecans** chopped, optional or 3 tablespoons **Almonds** sliced, optional

Directions

1. Place fruit in a microwave safe dish. Use a dish that is wide enough so that the fruit is about 1 inch deep in the bottom.
2. In a separate bowl, mix together butter/oil, oats, brown sugar, flour, cinnamon, and nuts.
3. Sprinkle the mixture over the fruit. Microwave on high 1-5 minutes or until fruit is as tender as you like it.

Note - to use Rhubarb in this recipe, follow the directions below.

1. Wash, top and tail rhubarb stems to remove the leaves and where stems attach to the plant, then cut into small chunks. Place into a larger microwave safe bowl you will cook it in (it does need to be a large container as the rhubarb will boil up during cooking). Cover with boiling water and leave to stand for up to 10 minutes.
2. Drain all of the fluid off.
3. Add sugar and mix through (3 tablespoons). The rhubarb will have soaked up enough water to cook in, so you don't need to add any more.
4. Microwave on HIGH for 2 minutes, stir and cook for a further minute (until soft). FYI the young red/pink stalks are sweeter than thick long green ones.

