



Easy Peach Crisp

Ingredients:

-  1 tsp butter
-  ½ cup rolled oats
-  1 tsp sugar
-  ¼ teaspoon cinnamon
-  1 tbsp olive oil
-  2 cups peaches, diced
(or apples, berries, etc.)

Instructions:

1. Preheat oven to 350°F. Grease a 6 ½-inch cast iron skillet with butter.
2. In a small bowl, toss the oats with the cinnamon, sugar, and olive oil.
3. Put the fruit in the skillet, then top with the oat mixture. Bake for 35 minutes, until fruit is bubbly and oats are golden.
4. Let cool for 5-10 minutes, then top with a scoop of vanilla frozen yogurt, if desired. (Caution: skillet will be very hot)

Nutrition: • Cal: 220 • Carbs: 30g • Fiber: 4g • Sugar: 15g