

Granola Peach Crisp

12 Servings



Ingredients

- 6 rounded tablespoons cornstarch
- 1 ½ cups water
- 1-12 oz. can concentrated apple juice
- 1 pound bag of frozen peaches
(any frozen fruit will work)
- 1 to 2 cups non-fat or low-fat granola

Directions

1. Preheat oven to 350 degrees.
2. In a large saucepan, stir cold water and cornstarch together until thoroughly dissolved. Add concentrated apple juice and frozen fruit. Stir together over medium heat until it thickens.
3. Place fruit mixture in a 9" x 12" pan, lightly sprayed with olive oil and bake for 20 to 30 minutes. Remove from oven and sprinkle with your favorite granola
4. Bake until granola is toasted, around 15-20 minutes.

Nutritional Information

Calories: 13
Protein: 2.5 g
Fat: 1 g
Carbohydrate: 29 g
Fiber: 4 g
Cholesterol: 0 g
Sodium: 75 mg