



## Easy Berry Crisp

Serves: 4



### Ingredients

- 6 cups mixed frozen berries
- 3 TBSP sugar
- 1 cup oat meal
- 1/4 cup whole wheat flour
- 1/4 cup plain Greek yogurt
- 2 TBSP butter cut into small cubes
- 1 tsp cinnamon
- 1 tsp vanilla extract

### Instructions:

1. Preheat oven to 375 F. Grease a 8X8 pan coated with nonstick spray.
2. Place berries into the baking dish and sprinkle with 1 TBSP sugar. Set aside.
3. In a medium bowl, stir together oatmeal, flour, remaining sugar, yogurt, butter, cinnamon and vanilla until well incorporated.
4. Sprinkle over crisp, breaking up larger pieces, to cover evenly.
5. Bake for 35-40 minutes or until top is golden brown. Serve warm.

## Fruit Wands

Serves: 5-6



### Ingredients

- 5-6 fruits of your choice cut into bite sized chunks
- Kebab skewers

(Depending on the season, you could use grapes, watermelon, fresh berries, orange slices, apples, etc.)

### Instructions:

1. Place each fruit on a separate plate or bowl.
2. Using a skewer, add fruit pieces in the pattern of your choice.
3. Repeat until all the fruit is used.

