



## July 24- Rhubarb Blueberry Crisp

Not Smart Snack

Link: <https://www.foodhero.org/recipes/rhubarb-blueberry-crisp>

### Recipe

*Ingredients:*

Topping-

½ cup packed brown sugar

½ cup flour

½ cup rolled oats

¼ cup melted margarine

Filling-

3 cups chopped rhubarb

3 cups blueberries

2 Tablespoons cornstarch

½ cup sugar

1 cup cranberry juice

1 teaspoon vanilla

*Directions:*

1. Mix the brown sugar, flour and oats in a bowl. Stir in the margarine. Set aside.
2. Spread the rhubarb and blueberries in an 8-inch baking dish.
3. In a 2-3 quart saucepan, mix cornstarch and sugar and stir in the juice. Cook over medium heat until thickened, stirring constantly.
4. Add the vanilla and pour mixture over the rhubarb and blueberries.
5. Crumble the oat mixture on top of the fruit. Bake at 350°F for 45 minutes.

Yield 9 servings

### Nutrition Facts

Serving Size 1/2 cup (160.93g)

Servings Per Container 9

Amount Per Serving

**Calories** 230      Calories from Fat 50

% Daily Value\*

**Total Fat** 6g      **9%**

Saturated Fat 1g      **5%**

Trans Fat 1g

**Cholesterol** 0mg      **0%**

**Sodium** 65mg      **3%**

**Total Carbohydrate** 43g      **14%**

Dietary Fiber 3g      **11%**

Sugars 28g

**Protein** 2g      **4%**

Vitamin A 6%      •      Vitamin C 30%

Calcium 10%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.