



Blueberry-Mango Crisp

Prep: 20 minutes

Bake: 45 minutes • Serves: 8

Nonstick baking spray

- ¾ cup lightly packed brown sugar
- ½ cup plus 2 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ¾ cup rolled oats
- ½ cup cold unsalted butter (1 stick), cut into small pieces
- 1 large ripe mango, peeled and sliced
- 16 ounces fresh blueberries (about 2⅔ cups)

1. Preheat oven to 375°. Spray 2-quart glass or ceramic baking dish with nonstick baking spray.

2. In large bowl, whisk together ½ cup sugar, ½ cup flour, cinnamon and ginger; stir in oats. With fingertips or pastry blender, work in butter until pea-sized crumbs form.

3. In medium bowl, toss mango, blueberries, and remaining ¼ cup sugar and 2 tablespoons flour. Spread blueberry mixture evenly in prepared dish; sprinkle oat mixture evenly over blueberry mixture.

4. Bake 40 to 45 minutes or until most berries burst, sides are bubbling and top is golden brown; loosely cover with foil if top is browning too quickly. Let stand 10 minutes before serving.

*Approximate nutritional values per serving:
301 Calories, 12g Fat (8g Saturated),
30mg Cholesterol, 6mg Sodium,
47g Carbohydrates, 4g Fiber, 3g Protein*

Chef Tip

Serve warm with vanilla ice cream.

Dietitian's Dish

> Create a whole grain topping with more fiber and less sugar. Swap for whole wheat flour and cut the sugar back to a half cup..