

Raspberry-Pear Crisp

Marion Brittain

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 199

Servings: 10

*1 teaspoon safflower oil
1 1/2 cups sliced pears
(Bosc or Anjou)
2 cups fresh or
unsweetened frozen
raspberries
1/4 cup dried currants
1/3 cup maple syrup
2 tablespoons arrowroot
powder or cornstarch
1 tablespoon lemon juice
1 tablespoon grated lemon
rind
1 cup uncooked rolled oats
3 tablespoons unsalted
butter, melted
2 tablespoons light honey
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/4 teaspoon cardamom*

Preheat the oven to 375 degrees.

Lightly oil a 9x12-inch baking pan. Arrange the pear slices in the bottom of the pan. Cover the pears with raspberries and then currants.

In a bowl, mix together the maple syrup, arrowroot, lemon juice and lemon rind. Drizzle over the pear mixture.

In a large bowl, combine the oats, butter, honey, nutmeg, cinnamon and cardamom. Crumble over the pear mixture.

Bake crisp until the pears are tender and the oats are lightly browned, 30 to 40 minutes.

Serve warm.

Per Serving (excluding unknown items): 74 Calories; 4g Fat (46.6% calories from fat); trace Protein; 10g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.