



Banana Crumble

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 10 servings | Serving Size: 1/10 of crumble + 1 Tablespoon of topping

Ingredients

4 large bananas
2 cups mixed fresh berries
Non-stick cooking spray
5 Tablespoons whole wheat flour, divided
1 cup old-fashioned rolled oats
1/4 cup light brown sugar, packed
1 teaspoon ground cinnamon
Pinch of salt
4 Tablespoons cold, unsalted butter
2/3 cup nonfat plain yogurt
1 Tablespoon honey

Recipe Notes

- Frozen berries can be used if berries are not in season. Before adding frozen berries, let them thaw to room temperature and drain off any liquid. (remaining liquid can be used to flavor sparkling water or club soda)

Directions

1. Preheat oven to 400F.
2. Peel and slice banana in half lengthwise.
3. Rinse berries and pat dry.
4. Spray a baking dish with non-stick cooking spray. Place the banana halves flat side down on the baking dish.
5. Toss berries with 1 Tablespoon flour. Sprinkle berries over bananas.
6. In a medium bowl, add 4 Tablespoons flour, oats, sugar, and spices. Stir to blend.
7. Cut cold butter into little pieces. Add to bowl. Using your fingers, quickly blend the butter into the dry ingredients until the mixture is crumbly.
8. Spread the crumbly mixture over the fruit in an even layer. Press down slightly.
9. Bake about 10-15 minutes, or until the crumble is firm and golden in color.
10. While the crumble bakes, stir together yogurt and honey in a small bowl to create a lighter version of whipped cream
11. When crumble is done, spoon 1 Tablespoon of yogurt over.

Nutrition Facts Per Serving: Calories: 180 | Total Fat: 6 g | Saturated Fat: 3 g
Sodium: 45 mg | Total Carbohydrate: 32 g | Dietary Fiber: 4 g | Protein: 3 g

Adapted from | Cooking Matters

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