

## Cherry Krisp

This recipe used a batter topping originally. The batter topping was changed to include rolled oats which increases the dietary fiber, a butter substitute to reduce the fat, and a sugar substitute to reduce the sugar content.

Recipe submitted by Jeanne Polak-Recht, Registered Dietitian

Amount	Measure	Ingredients
1/4	Cup	Flour
3/4	Cup	Old-fashion rolled oats (not instant)
3	Tablespoons	Polyunsaturated margarine
1/2	Cup	Sugar substitute
1	Pound	Canned pitted sour cherries*(water packed)
1 1/3	Teaspoons	Cornstarch
1/8	Teaspoon	Cinnamon
1/8	Teaspoon	Nutmeg
1	Tablespoon	Lemon juice
		Vegetable oil spray

1. Combine the flour and the rolled oats.
2. Cut in the margarine with a fork until the mixture is crumbly
3. Mix in 1/4 cup sugar substitute.
4. Set aside for topping.
5. Drain the cherries reserving the juice.
6. Combine the remaining Sugar substitute with the cornstarch, spices, and lemon juice; slowly blend in the cherry juice.
7. Cook over low heat stirring constantly until the sauce is thick and clear.
8. Add the cherries. Spray the pan with a vegetable oil spray.
9. Pour mixture into an 8- inch square pan. Sprinkle with topping.
10. Bake at 375 degrees for 30 minutes.

\*fiber content for cherries varies with different brands from one to three grams per serving.

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*Yield: Five (5) servings, 1/2 cup serving*

	<b>Calories</b>	<b>Sodium</b>	<b>Total fat</b>	<b>Sat. fat</b>	<b>Chol</b>	<b>Fiber</b>
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25g
1 serving of this recipe	112	69 (3%)	2			2 gm (8%)

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