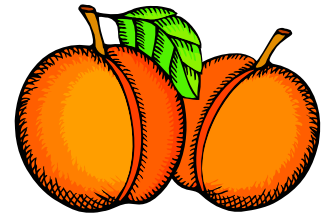


Southern Peach and Blackberry Crumble



Ingredients:

6 large ripe peaches (about 1 ¾ pounds), peeled, pitted, and sliced or 3 ½ cups unsweetened frozen sliced peaches, thawed
2 cups fresh blackberries or unsweetened frozen blackberries, thawed
2 Tbsp all-purpose flour
1 Tbsp fresh grated lemon zest
¼ cup light brown sugar
3 Tbsp yellow cornmeal (not cornmeal mix)
½ tsp ground cinnamon
3 Tbsp 67% vegetable oil butter-flavored spread, chilled
¼ cup chopped pecans

Directions:

Preheat oven to 350°F. Coat an 8x8 glass baking dish with cooking spray and set aside. Combine the peaches, blackberries, flour and lemon zest in a large bowl and toss to combine. Spoon into prepared dish. Combine the brown sugar, cornmeal, cinnamon and butter-flavored spread in a medium bowl. Blend together using a pastry blender or your fingertips until the butter-flavored spread is uniformly incorporated. Stir in the pecans. Sprinkle evenly over the peach mixture. Bake 25 to 30 minutes or until the topping is lightly browned and the fruit is bubbly around the edges. Let stand 10 minutes before serving. Serve warm.

Makes 8 servings, serving size: ½ cup

Nutritional Information: 155 calories, 6g fat, 1g saturated fat, 37mg sodium, 4g fiber, 17g sugars, 2g protein

Source: www.diabetes.org