

Strawberry Crumble

1 ½ pounds strawberries, hulled and quartered
1 tablespoon lemon juice
2 tablespoons all-purpose flour
3 tablespoons packed light brown sugar
6 tablespoons all-purpose flour
1/3 cup rolled oats
4 tablespoons sliced almonds, coarsely chopped
½ teaspoon baking powder
½ teaspoon cinnamon
1/8 teaspoon salt
3 tablespoons cold unsalted butter, cut into pieces

Directions:

1. Preheat the oven to 375. Spray 8-inch square baking dish with cooking spray. In prepared baking dish, toss strawberries with lemon juice. Stir together flour and 1 Tbsp. brown sugar and toss with strawberries to coat.
2. In a medium bowl, stir together all-purpose flour, oats, almonds, baking powder, cinnamon, salt and remaining 2 Tbsp. brown sugar. Mix butter with pastry cutter until mixture is crumbly. Sprinkle over strawberries. Bake until top is golden brown and fruit is bubbling, about 30 minutes.

Serves 6

Nutrient Analysis, per serving: 197 calories, 23g. carbohydrate, 4g. protein, 11g. fat, 88mg. sodium