

Banana Crumble

Serves 10, $\frac{1}{10}$ of crumble and
1 Tablespoon topping per serving

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
- $\frac{1}{4}$ cup light brown sugar, packed
- 1 teaspoon ground cinnamon
- Pinch of salt
- 4 Tablespoons cold unsalted butter
- $\frac{2}{3}$ cup nonfat plain yogurt
- 1 Tablespoon honey

Nutrition Facts

Serving Size $\frac{1}{10}$ of crumble
and 1 Tablespoon topping
Servings Per Recipe 10

Amount Per Serving

Calories 180 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 45mg **2%**

Total Carbohydrate 32g **12%**

Dietary Fiber 4g **14%**

Sugars 17g

Protein 3g

Vitamin A 4% • Vitamin C 25%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Directions

1. Preheat oven to 400°F.
2. Peel and slice bananas in half lengthwise.
3. Rinse berries and pat dry.
4. Spray 9-inch square baking dish with non-stick cooking spray. Place the banana halves flat side down in the baking dish.
5. Toss berries with 1 Tablespoon flour. Sprinkle berries over the 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 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 the yogurt and honey topping over each serving.



Chef's Notes - Make it Quick!

- When berries are not in season, use frozen berries. Before adding, bring berries to room temperature and drain off any liquid. Use reserved berry liquid to flavor sparkling water or club soda for a naturally sweet, low-calorie drink.
- If using whole strawberries, cut in half or slice before using.