



Braised Fruit Crumble

This is a great recipe to use a variety of fruits and flavors depending on what is in season. Examples are apples, pears, peaches, plums or mixed berries (use about 3 cups of berries). The fruit is a great dessert on its own, as well.

U.S.

3 each	Fruit, firm, sliced thick (about 1/2 inch)	3 each
	Optional: Peel the fruit, best for apples	
1 Tbsp	Butter, unsalted	15.2 g
1 Tbsp	Brown sugar	12.4 g
1 1/2 Tbsp	Cinnamon, ground	13.5 g
1/2 tsp	Nutmeg, ground	1.5 g
1/2 tsp	Ginger, ground	1.5 g
1/4 tsp	Allspice, ground	.75 g
1 tsp	Vanilla , extract	5 mL
1/2 cup	White wine	118.5 mL
1/2 cup	Water	118.5 mL
6 each	Chewy Banana Nut Oatmeal Cookies, crumbled, small (see separate recipe)	6 each

Metric

Preparation:

1. Gather all ingredients and equipment.
2. In a small skillet melt the butter and stir in the brown sugar, spices and vanilla.
3. Add the sliced fruit and stir until fruit is covered by the butter, sugar and spice blend.
4. Add the water and wine, then bring the mixture to a simmer over medium low heat.
5. Leave uncovered, and cook until the fruit is fork-tender. If desired remove the fruit and continue reducing the sauce or leave the sauce as is.
6. Crumble the left over cookies on top of the fruit and serve warm. Optional: Warm the cookies in a 350° F (180° C) oven for 5 minutes.

Nutrition Facts

Serving size	1/2 fruit + 1
Servings	cookie
	6
Calories	195
Calories from Fat	65
Total Fat	7 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	15 mg
Sodium	150 mg
Carbohydrates	32 g
Dietary Fiber	4 g
Sugars	16 g
Protein	3 g
Vitamin A	26 %
Calcium	0 %
Vitamin C	6 %
Iron	0 %
Phosphorus	38.9 mg