



Roasted Chilean Peaches and Plums with Cookie Crumble

INGREDIENTS

CRUMBLE DESSERT

6 Amaretti Italian or oatmeal cookies, crumbled
1/4 cup toasted nuts, chopped
2 Tbsp. flour
2 Tbsp. brown sugar
1/4 cup chilled butter, cubed
Pinch of salt

FRUIT

2 fresh peaches halved, pits removed
3 fresh plums, halved, pits removed

INSTRUCTIONS

Preheat oven to 400°F.

In a food processor, combine all crumble ingredients. Pulse until crumble is chunky and mixed well.

Place fruit in a buttered medium sized roasting pan. Sprinkle crumble on top. Bake for 30 to 40 minutes. Fruit should be tender and juicy when pierced.

Serve warm with ice cream if desired.

SERVES 8

NUTRIENTS PER SERVING

160 calories, 10 gms fat, 90 calories from fat, 5 gms saturated fat, 18 mg cholesterol, 93 mg sodium, 1 gm dietary fiber, 2 gms protein

Recipe from the Chilean Fresh Fruit Association

