

## **Fruit Crisp**

1/2 cup strawberries, fresh, sliced  
1/2 cup frozen blueberries, thawed  
2 tsp. lemon juice  
11 oz. can mandarin oranges in juice, drained  
3 tbsp. all-purpose flour  
2 tbsp. brown sugar substitute  
2 tbsp. quick cooking oats  
1/4 tsp. cinnamon, ground  
1/8 tsp. nutmeg, ground  
2 tbsp. fat-free margarine, chilled, cut into small pieces

Preheat toaster oven to 350°F. Combine first 4 ingredients in a small bowl; toss gently. Divide fruit mixture evenly between 2 - 10 oz. custard cups; set aside.

Combine flour and next four ingredients in a small bowl; stir well. Cut in margarine with a pastry blender or two knives until mixture resembles coarse meal. Sprinkle flour mixture evenly over fruit. Cover and bake for 20 minutes. Uncover and bake an additional 5 minutes or until crisp. Makes 2 servings.

*Note:* To bake in a conventional oven, place custard cups on a baking sheet. Bake at 350°F for 30 minutes or until crisp (do not cover).

Nutrition information per serving: calories 225; protein 3 grams; fat 1 gram; sodium 148 mg