

# *Peach Crunch*

4 cups fresh or drained canned peaches (packed in juice)

1/4 cup sugar

2 tablespoons flour

1/2 teaspoon cinnamon

1 teaspoon vanilla

1 cup oatmeal

1/2 cup flour

1 teaspoon cinnamon

4 tablespoons diet margarine



In a bowl, add peaches, sugar, 2 tablespoons flour, 1/2 teaspoon cinnamon and vanilla. Mix well and set aside. In a separate bowl mix together oatmeal, flour, and cinnamon. Cut in diet margarine until mixture is crumbly in texture. Place the peach mixture in bottom of an 8x8 inch pan. Sprinkle the oat mixture over the peaches. Bake at 350 degrees for 30 to 40 minutes, or until the crust is golden brown.

SD Diabetes Control Program

# Nutritional Information

8 servings

Calories: 166

Carbohydrates: 30 grams

Protein: 3 grams

Fat: 4 grams

Saturated fat: 1 gram

Cholesterol: 0 mg

Fiber: 3 grams

Sodium: 56 mg

Potassium: 217 mg

Calcium: 17 mg