

# Individual Fruit Crisps

Earlier in the day, prepare the components for individual fruit crisps. Then, just before sitting down to the fajitas, have guests assemble their own individual crisps (it takes all of 5 minutes). Place fruit crisps into the oven to bake during dinner.

*Tip: The leftover fruit can be mixed with vanilla yogurt for breakfast. To peel peaches, drop them into boiling water for 45 seconds, then rinse under cold water.*

## Fruit

- 4 ripe pears, peeled and cubed
- 4 firm-ripe peaches, peeled and cubed
- 3 bananas, cubed
- 1 mango, cubed
- ½ pint strawberries, sliced
- ½ cup chopped walnuts or sliced almonds
- ½ cup dried cranberries, cherries or golden raisins



## Topping

- ½ cup flour
- ½ cup sugar
- ¾ tsp. cinnamon
- ¼ tsp. salt
- 4 Tbsp. cold butter, cut into pieces

1. Make the topping: In a large bowl, mix together the flour, sugar, cinnamon and salt. Cut in the butter until the mixture resembles coarse meal.
2. Preheat the oven to 350°F. Place 1 cup of fresh fruit in an 8-ounce ramekin. Sprinkle with some nuts and dried fruit. The fruit should mound just slightly. Spoon about 3 tablespoons of topping over the fruit.
3. Put the ramekins on a baking sheet and bake for 30 minutes or until golden brown on top. Remove from the oven and let stand 10 minutes.

Makes 6 serving (plus leftovers)

Total time: 1 ½ hours

Per serving: 324 calories, 12 g fat, 57 g carbohydrates (5.4 g fiber), 3 g protein, 100 mg sodium

