



COOKING FOR WELLNESS

CANCER SUPPORT COMMUNITY



central ohio
UROLOGY
group



CANCER SUPPORT
COMMUNITY
CENTRAL OHIO

INGREDIENTS

BERRY FILLING

- 3 ½ CUPS OF MIXED BERRIES (ANY COMBINATION OF STRAWBERRIES (SLICED IN HALF), BLUEBERRIES, RASPBERRIES OR BLACKBERRIES)
- 2 TABLESPOONS OF MAPLE SYRUP
- 1 TABLESPOON OF CORNSTARCH
- 1 TABLESPOON OF LEMON JUICE

CRUMBLE

- 1 CUP OF OAT OR WHEAT FLOUR
- ¼ CUP PLUS 2 TABLESPOONS OF OLD FASHIONED ROLLED OATS (NOT INSTANT)
- ½ CUP ROUGHLY-CHOPPED PECANS
- ¼ TEASPOON KOSHER SALT
- 2 TABLESPOONS OF OLIVE OIL
- 2 TABLESPOONS OF MAPLE SYRUP

Mixed Berry Crisp

4 servings

Prep: 20 minutes

Cook: 25 minutes



NUTRITIONAL INFORMATION

PER SERVING

386 CALORIES

18 G FAT

52 G CARB

7 G FIBER

22 G SUGAR

6 G PROTEIN



Call, click, or scan for more recipes, upcoming events, and to register.
<https://www.cancersupportohio.org/programs-and-services/cooking-and-nutrition/>
614-884-HOPE (4673)





COOKING FOR WELLNESS

CANCER SUPPORT COMMUNITY



central ohio
UROLOGY
group



CANCER SUPPORT
COMMUNITY
CENTRAL OHIO

Mixed Berry Crisp

INSTRUCTIONS

1. SET AN OVEN RACK IN THE CENTER AND PREHEAT THE OVEN TO 350°F.
2. ADD THE BERRY FILLING INGREDIENTS TO AN 8X8 BAKING DISH, MIX WELL. IF USING 4 SMALL RAMEKINS, MIX THE BERRY FILLING IN A MEDIUM BOWL FIRST. THEN EVENLY DIVIDE THE BERRY MIXTURE INTO THE RAMEKINS.
3. IN A LARGE MIXING BOWL, STIR ALL OF THE CRUMBLE INGREDIENTS EXCEPT FOR THE OLIVE OIL AND MAPLE SYRUP.
4. ADD THE OLIVE OIL AND MAPLE SYRUP TO THE CRUMBLE MIXTURE.
5. USE YOUR HANDS TO TOSS AND SQUEEZE THE MIXTURE TO GET A COHESIVE CRUMBLY TEXTURE. SPRINKLE THE CRUMBLE EVENLY OVER THE FRUIT AND BAKE, UNCOVERED, FOR 25 MINUTES OR UNTIL THE BERRY JUICES BEGIN TO BUBBLE AND THE TOPPING IS GOLDEN BROWN.



Call, click, or scan for more recipes, upcoming events, and to register.
<https://www.cancersupportohio.org/programs-and-services/cooking-and-nutrition/>
614-884-HOPE (4673)

