



BAKED APRICOTS WITH BROWN SUGAR STREUSEL

PREP TIME: 10 minutes

SERVING SIZE: ½ recipe

COOK TIME: 15 minutes

SERVES: 2

INGREDIENTS

- 4 apricots halved and pitted (or 1 can apricots in 100% juice)
- 3 tablespoons old fashioned or quick oats
- 1 tablespoon nuts chopped
- 1 tablespoon brown sugar
- ¼ teaspoon cinnamon
- 1/8 teaspoon ground ginger
- Pinch of salt
- 2 teaspoons butter or *trans*-fat free margarine, melted

PREPARATION

1. Preheat oven to 425 F. Place apricots cut-side up in baking dish.
2. In a small bowl, mix together oats, nuts, brown sugar, and spices. Add melted butter and mixed until well combined.
3. Divide oat topping evenly among apricots, mounding on top of each fruit.
4. Bake until oats are golden and apricots are soft, about 15-20 minutes.
Let cool slightly and serve warm or at room temperature.

SOURCE

<http://www.seriousseats.com>

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

2 servings per container
Serving size 1/2 recipe (234g)

Amount per serving
Calories **210**

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 20mg	1%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 31g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 235mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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ALBARICOQUE CON STREUSEL HORNEADO

TIEMPO DE PREPARACIÓN: 10 minutos

TAMAÑO DE PORCIÓN: ½ receta

TIEMPO PARA COCINAR: 15 minutos

PORCIONES: 2

INGREDIENTES

- 4 albaricoques cortados a la mitad y sin semilla
- 3 cucharadas de avena
- 1 cucharada de nueces, en trocitos
- 1 cucharada de azúcar morena
- ¼ cucharadita de canela molida
- 1/8 cucharadita de jengibre molido
- Pizca de sal
- 2 cucharadas de mantequilla sin grasa trans, derretida

PREPARACIÓN

1. Precalentar el horno a 425F. Poner los albaricoques extendidos en un sartén de horno.
2. En un contenedor pequeño, revolver la avena, nuez, azúcar morena, y especias. Agregar la mantequilla derretida y revolver.
3. Dividir la mezcla entre todos los albaricoques, poniendo la mezcla encima de cada uno.
4. Hornear hasta que la avena este dorada y los albaricoques estén blandos, aproximadamente 15-20 minutos. Dejar que se enfríen un poco y servir tibio o a temperatura ambiente.

FUENTE

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