

Maple Peach Crumble

NUMBER OF SERVINGS: 6

Ingredients

Filling

- Ontario peaches, ripe, peeled and sliced
6 cups (1.5 L)
- Brown sugar 3 Tbsp (45 mL)
- Maple syrup 3 Tbsp (45 mL)
- Lemon juice 2 Tbsp (30 mL)
- Cornstarch 2 Tbsp (30 mL)
- Butter, unsalted, melted 2 Tbsp (30 mL)
- Cinnamon, ground 1 tsp (5 mL)
- Vanilla extract 1 tsp (5 mL)
- Nutmeg, ground Pinch

Topping

- Large flake oats $\frac{3}{4}$ cup (175 mL)
- Brown sugar $\frac{1}{3}$ cup (75 mL)
- Almonds, slivered $\frac{1}{3}$ cup (75 mL)
- All-purpose flour $\frac{1}{4}$ cup (60 mL)
- Butter, cold, unsalted, cut into cubes $\frac{1}{4}$ cup (60 mL)
- Maple syrup 1 Tbsp (15 mL)

Directions

1. Preheat oven to 350°F (180°C).
2. Make filling by tossing peach slices with brown sugar, maple syrup, lemon juice, cornstarch, butter, cinnamon, vanilla extract and nutmeg.
3. Spread into a 9-inch (2 L) square baking dish.
4. Make topping by stirring oats with brown sugar, almonds and flour.
5. Cut butter into the topping mixture with your fingertips until crumbly.
6. Toss maple syrup into the topping mixture.
7. Sprinkle topping mixture evenly over the peach mixture.
8. Bake for 60 to 70 minutes or until topping is golden brown and filling is bubbling.
Cool slightly before serving.

NUTRITION PER SERVING

Calories 319 | Protein 4g | Fat 12g | Carbohydrates 59g | Fibre 4g | Sodium 10mg



Fresh Ontario peaches are available in July, August and September.



The skin of fruits and vegetables are high in fibre. Save the peach skins and add them to a smoothie to increase the fibre content and help maintain bowel regularity.



To easily peel peaches, score the bottom with an "X" and blanch in boiling water for 30 to 60 seconds or until skins start to loosen. With slotted spoon, transfer to a bowl of ice water and slip off skins.

Recipe
and photo
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