

## Warm Pear Crisp

### Ingredients:

- ¼ c. rolled oats
- 1 Tbsp. walnuts
- 7 Tbsp. whole-wheat flour
- 2 ½ Tbsp. packed brown sugar
- 1/8 tsp. ground cinnamon
- 1 Tbsp. plus 2 tsp. canola oil
- 6 medium pears, cored and sliced
- ¼ c. raisins
- 1 Tbsp. lemon juice
- 2 Tbsp. sugar
- 1/8 tsp. nutmeg
- pinch of cloves

Featured in: FN 691  
“Whole Grains: Agriculture to Health”  
[www.ag.ndsu.edu/pubs](http://www.ag.ndsu.edu/pubs)

### Directions:

- Combine oats, walnuts, 6 Tbsp. whole-wheat flour, brown sugar and cinnamon. Add oil and mix thoroughly. In a separate bowl, toss pears with raisins, lemon juice, sugar, 1 Tbsp. whole-wheat flour, nutmeg and cloves. Spoon pear mixture into one 8- or 9-inch
- round cake pan sprayed with canola oil.

**NDSU** EXTENSION  
SERVICE

Cover pear mixture with the oat mixture and press down gently. Bake at 375 F for 45 to 50 minutes. Crisp is done when topping has browned and pear juice bubbles to the top.

*Makes nine servings. Per serving: 160 calories, 4 grams (g) fat, 2 g protein, 33 g carbohydrate and 4 mg sodium.*

**NDSU** EXTENSION  
SERVICE