

## BANANA CRUMBLE

*Feel free to use any fruit that is in season for this delicious dessert*

### INGREDIENTS

4 large bananas  
2 cups mixed fresh berries  
Non-stick cooking spray  
5 Tablespoons whole wheat flour, divided  
1 cup old-fashioned oats  
¼ cup light brown sugar, packed  
1 teaspoon ground cinnamon  
Pinch of salt  
4 Tablespoons cold unsalted butter  
2/3 cup nonfat plain yogurt  
1 Tablespoon honey

### DIRECTIONS

1. Preheat oven to 400 F.
2. Spray 9 –inch square baking dish with non-stick cooking spray.
3. Peel and slice bananas into rounds and arrange evenly into dish.
4. Rinse berries and pat dry. Toss berries with 1 Tablespoon flour. Sprinkle berries evenly over the bananas.
5. In a medium bowl, add 4 Tablespoons flour, oats, sugar, and spices. Stir to blend.
6. Cut cold butter into little pieces. Add to bowl. Using your fingers or the back of a fork, quickly blend the butter into the dry ingredients until the mixture is crumbly.
7. Spread the crumbly mixture over the fruit in an even layer. Press down slightly.
8. Bake about 10-15 minutes, or until the crumble is firm and golden in color.
9. While crumble bakes, stir together yogurt and honey in a small bowl.
10. When crumble is done, spoon 1 Tablespoon of the yogurt and honey topping over each serving.

### NOTES:

If using whole strawberries, cut into smaller pieces before using.