



Peach Crumble

Prep Time: 15 minutes

Bake Time: 40 minutes

Serves: 9



Make sure to tune in every Wednesday at 5:30 PM CST to the Sicangu Community Development Corporation Facebook page for our virtual cooking class!



Peaches are full of antioxidants, basically small nutrients, like vitamins, that help to keep your brain and your skin healthy and strong!



Peaches are also high in fiber, which helps to regulate your blood sugar so it stays even and doesn't jump from high to low really fast!

Ingredients:

- 5-6 medium peaches (or 2, 16 oz. cans), diced
- 2 Tablespoons cornstarch
- 1 1/2 teaspoons almond extract
- 1 teaspoon ground cinnamon
- 3/4 cup old-fashioned oats
- 1/4 cup whole wheat flour
- 2 Tablespoons maple syrup
- 2 Tablespoons unsalted butter, melted

If you had fruit trees in your backyard, what would they look like?

Draw a picture or write a couple sentences about what they would look like, how the fruit would taste, and how the fruits would make you feel when you ate them!



Directions:



- Preheat the oven to 350 degrees Fahrenheit, and grease an 8" square baking pan with butter or a nonstick cooking spray.
- In a medium bowl, toss together the diced peaches, cornstarch, almond extract, and 1/4 teaspoon cinnamon until it's totally combined.
- In a separate bowl, mix together the oats, flour, and the remaining cinnamon. Add in the maple syrup and the butter, mixing until they are completely mixed in.
- Spread the peach mixture into the prepared pan, and evenly sprinkle the oat crumbs on top.
- Bake for 35-45 minutes, or until the peach juice is bubbling and the oat mixture turns crunchy.
- Let it cool completely until it is room temperature. For best results, let it sit for two hours after coming out of the oven so the juices have time to thicken. Enjoy!