

Nutrition Facts

About 12 servings per container

Serving size

1/4 Cup (39g)

	Per 1/4 cup dry mix	Per 1/6 of 9 inch crisp
Calories	140	270
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	9g 12%
Saturated Fat	0g 0%	5g 25%
Trans Fat	0g	0g
Cholesterol	0mg 0%	20mg 7%
Sodium	200mg 9%	220mg 10%
Total Carbohydrate	31g 11%	47g 17%
Dietary Fiber	2g 7%	4g 14%
Total Sugars	14g	28g
Incl. Added Sugars	14g 28%	20g 40%
Protein	3g	3g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	30mg 2%	30mg 2%
Iron	1.2mg 6%	1.3mg 8%
Potassium	0mg 0%	130mg 2%

*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.

MAKES TWO 9" CRISPS

DIRECTIONS FOR ONE 9" CRISP: Preheat oven to 375°F. Stir together 4 cups of fresh or frozen blueberries with 1/4 cup sugar (or more or less to taste) and 2 Tbsps. flour. Spread fruit mixture in a 9" pie dish or similar size baking dish. Blend together 1 1/4 cups of crisp mix and 4 tablespoons melted butter or margarine. Sprinkle topping mixture over fruit and bake for 23-27 mins. or until golden brown. Serve warm or cold with ice cream or whipped topping, if desired.

INGREDIENTS: Brown Sugar, Rolled Oats, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Stoneground Whole Wheat Flour, Cinnamon and Sea Salt.

This product is manufactured in a facility that also processes Dairy, Egg and Soy.

Blueberry Crisp Mix