



## Triple Berry Crisp

Cooking spray	<b>3 tablespoons</b> white sugar	<b>¾ teaspoon</b> cinnamon
<b>1¾ cup</b> fresh blackberries	<b>¾ cup</b> brown sugar	<b>½ teaspoon</b> nutmeg
<b>1¾ cup</b> fresh blueberries	<b>½ cup</b> flour	<b>½ cup</b> butter
<b>1¾ cup</b> fresh strawberries	<b>½ cup</b> oats	

**Preheat** oven to 375 degrees F. Spray the bottom and sides of an 8-by-8 inch baking pan with nonstick cooking spray. **Wash** berries. Do not let berries soak in water. Hull strawberries by removing the stems and green tops. **Place** blueberries, blackberries and strawberries in a mixing bowl. **Sprinkle** berries with white sugar and **stir**. **Set** aside. In a separate, large bowl, **mix** the brown sugar, flour, oats, cinnamon and nutmeg. **Cut** in the butter until crumbly.

**Pour** berry mixture into baking pan. **Sprinkle** crumbly mixture over the berries. **Bake** for 30 minutes or until the top is golden brown.

**Yield:** 12, ½ cup servings

**Nutritional Analysis:** 160 calories, 6 g fat, 3.5 g saturated fat, 15 mg cholesterol, 0 mg sodium, 27 g carbohydrate, 3 g fiber, 19 g sugars, 2 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

## Kentucky Blackberries

**SEASON:** June to September

**NUTRITION FACTS:** A ½ cup serving of raw berries contains 35 calories, has no fat, and is a good source of potassium, vitamin C and fiber.

**SELECTION:** Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid moldy, crushed or bruised fruit. Avoid berries that contain extra moisture.

**STORAGE:** Store unwashed and covered berries in the refrigerator. Use within two days.

**PREPARATION:** Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

**PRESERVING:** Berries may be preserved by canning or freezing. They can be made into jellies or jam. For more information, contact your local County Extension Office.

### KENTUCKY BLACKBERRIES

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students

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