Dinner Tonight!

Quick Fruit Crisp

1 21-ounce can peach, apple, or cherry pie filling
1 tablespoon lemon juice
1 cup high fiber with fruit cereal
1 tablespoon butter
1 tablespoon sugar
1/4 teaspoon ground cinnamon
Nonfat Vanilla frozen yogurt, optional

In a medium skillet, heat pie filling and lemon juice over medium heat for 5 minutes or until bubbly, stirring occasionally. Meanwhile, place cereal in resealable plastic bag; crush slightly with a rolling pin. In a skillet, melt butter. Stir in cereal, sugar, and cinnamon; cook and stir for 2-3 minutes. Sprinkle over fruit mixture. Serve warm with frozen yogurt if desired.

Preparation Time: 10 minutes
Cook Time: 8 minutes
Serves: 4

Nutrition facts per serving (without frozen yogurt):
Calories: 202
Total Fat: 3 g
Cholesterol: 8 mg
Sodium: 118 mg
Total Carbohydrate: 47 g
Protein: 3 g