

Flax Topped Fruit Crisp with Lemon Cream

1/3 cup	granulated sugar	75	mL
2 tbsp.	fresh lemon juice	25	mL
2 tsp.	cornstarch	10	mL
6	red plums*	6	
6	apricots*	6	
2 cups	cornflakes, crushed to 1 cup (250 mL)	500	mL
1/4 cup	flaxseed	50	mL
2 tbsp.	butter or margarine, melted	25	mL

Lemon Cream:

1 cup	light sour cream	250	mL
1/4 to 1/3 cup	icing sugar	50-75	mL
3 tbsp.	fresh lemon juice	45	mL
	grated rind of one lemon		

- Preheat oven to 350° F (180° C).
- Lightly grease a 8 cup (2 L) baking dish.
- Stone and quarter the plums and apricots into the baking dish.
- In a small bowl, mix sugar, lemon juice and cornstarch. Pour mixture over fruit and toss to coat.
- In a medium bowl, mix the crushed flakes, flaxseed and melted butter.
- Sprinkle crumb mixture over fruit.
- Bake 25 minutes or until juice bubbles and is clear.
- In a medium bowl, mix sour cream, icing sugar, lemon juice and lemon rind. Chill until serving time.
- Spoon 2 tbsp. (25 mL) of lemon cream over each serving.

*Any combination of fruit to equal 4 cups (1 L) may be used. Remember that the amount of sugar may require adjustment depending on the type of fruit used.

Yield: 6 1/2 cup (125 mL) servings

Serving Size: 1/2 cup (125 mL)

Single Serving Nutrient Values

Calories	279
Protein	6.0 g
Carbohydrates	44.1 g
Fiber	3.6 g
Fat	9.8 g
Polyunsaturates	3.1 g
Monounsaturates	2.1 g
Saturates	3.7 g
Cholesterol	14.1 mg
Sodium	193 mg
Potassium	446 mg
Folate	64 mcg