

Blueberry-Mango Crumble

Nutritious blueberries and mango baked with graham cracker crumbs.

Ingredients:

No-stick cooking spray
1 16-ounce bag frozen mango chunks (do not thaw)
1 12-ounce bag frozen blueberries (do not thaw)
2 tablespoons fresh lime juice
1 teaspoon grated lime zest
1/2 cup sugar
2 tablespoons brown rice flour or cornstarch
1 1/2 cups graham cracker crumbs
1/4 cup finely chopped crystallized ginger
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1 tablespoon canola oil

Instructions:

1. Preheat the oven to 375 degrees F (180 degrees C). Spray a 2-quart baking dish with cooking spray.
2. In a large bowl, toss together mango pieces, blueberries, lime juice and lime zest. Sprinkle with 1/4 cup of the sugar and rice flour or cornstarch and toss gently to mix.
3. In a separate bowl, combine cracker crumbs, the remaining 1/4 cup sugar, crystallized ginger, cinnamon, ground ginger and oil.
4. Pour the fruit into the prepared baking dish. Sprinkle with the crumb mixture. Bake for 30 to 35 minutes, until bubbling and browned. (If the topping browns too quickly, cover with aluminum foil.)
5. Serve warm.

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