**Berry Crisp**

4 cups favorite fresh berries  
1 cup whole wheat flour  
¾ cup white sugar  
½ tsp ground cinnamon  
½ cup light mayonnaise

Serves 9

**Nutrient Value (per serving)**

- Calories: 180  
- Carbohydrate: 34 g  
- Protein: 2 g  
- Saturated Fat: 1 g  
- Fiber: 3 g  
- Sodium: 91 mg

1. Preheat oven to 350°F.  
2. Place berries into 9-inch square baking dish.  
3. In medium bowl, stir together flour, sugar and cinnamon. Stir in the mayonnaise until the mixture resembles coarse crumbs. Sprinkle over top of berries.  
4. Bake for 35-40 minutes, until the top is lightly browned.

Note: You might already have four out of these five ingredients in your refrigerator and pantry. Simply choose your berries!

Berry Seasons (locally):  
Blueberries – June, July  
Blackberries – July  
Raspberries – July through October  
Strawberries – June through August