



Mason Bee and  
Cherry Flowers

# Cherry Crumble



Cherries bloom in early spring when the weather can still be cold and frosty. Mason bees do some of their best work pollinating cherry trees while most other bees are still sleeping in their warm nests. Think of mason bees hard at work while you enjoy this gooey, cherry-packed Food Hero recipe!

## Ingredients:

- 1/4 cup sugar
- 1 Tablespoon cornstarch
- 4 cups pitted tart cherries (fresh, frozen, or canned and drained)
- 1/2 teaspoon vanilla
- 1/3 cup whole-wheat flour
- 1/3 cup old fashioned rolled oats
- 2 Tablespoons packed brown sugar
- 2 Tablespoons margarine or butter, melted

## Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix together the sugar and cornstarch. Add the cherries and vanilla and mix well.
3. Pour the fruit into an 8x8-inch baking dish.
4. In a medium bowl, mix together the flour, oats and brown sugar. Add the melted butter and stir until the texture is coarse with some clumps. Sprinkle the oat topping over the fruit.
5. Bake for 30 to 45 minutes, or until the juices are bubbling and the oat topping is golden brown.
6. Refrigerate leftovers within 2 hours.

## Notes

- No tart cherries? Use sweet cherries (or another fruit such as blueberries or chopped apricots, peaches or plums) and reduce the sugar added to the fruit in step two to 1 or 2 Tablespoons.



Makes 3 cups

Prep time: 15 minutes

Cook time: 30 to 45 minutes

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/2 cup (135g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 3g	11%
Total Sugars 22g	
Includes 13g Added Sugars	26%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 177mg	4%
Vitamin A 83mcg	9%
Vitamin C 2mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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