

Serves 4 • Serving size: 1 cup

25  
minutes

PREP: 10 minutes  
COOK: 15 minutes

## Blueberry CRUMBLE

4 cups frozen blueberries  
¼ cup all-purpose flour  
¼ cup granulated sugar  
1 tbsp. lemon juice

### Crumble Topping

1 stick unsalted butter, melted  
¾ cup all-purpose flour  
½ cup brown sugar  
¾ cup rolled oats  
1 tsp. vanilla extract

1. In a medium bowl, stir together berries, flour, sugar and lemon juice. Pour into base of MicroPro™ Grill, set aside.
2. In a medium bowl, mix together crumble ingredients. Once combined, sprinkle over top of berries.
3. Place cover in casserole position and microwave on high power 15 minutes. Let cool for 5 minutes to thicken slightly. Serve warm.

### Nutritional Information (per serving):

Calories: 390 Total Fat: 17g Saturated Fat: 10g Cholesterol: 40mg  
Carbohydrate: 59g Sugar: 33g Fiber: 4g Protein: 5g Sodium: 0mg  
Vitamin A: 10% Vitamin C: 4% Calcium: 2% Iron: 4%



TO DEMO



MicroPro™ Grill

OPTIONAL



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula