



Apple Cranberry Crisp

This delicious dessert is full of whole grains and nutrient rich fruit. It can be served warm or cold.

| <u>U.S.</u> | | <u>Metric</u> |
|-------------|--|---------------|
| 3 cups | Granny Smith Apples, cubed (~ 1 pound) | 339 g |
| 2 cups | Fresh Cranberries | 198 g |
| 1/2 cup | Sugar | 99 g |
| 1/3 cup | Whole Wheat Flour | 37.6 g |
| 1 cup | Regular Oats | 99 g |
| 1/2 cup | Packed Brown Sugar | 106.5 |
| 1/4 cup | Canola Oil | 59.15 ml |
| as needed | Cooking Spray | as needed |

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C). Coat an 8 by 8 inch baking dish with cooking spray.
3. Combine the first three ingredients in a medium bowl and spoon into the baking dish.
4. In another medium bowl, add the flour, oats, sugar and oil. Stir with a fork until crumbly.
5. Sprinkle topping on the apple mixture.
6. Bake at 350°F (180°C) for 40 minutes or until bubbly.

Nutrition Facts

| | |
|---------------------|----------------|
| Serving size | 1/2 cup |
| Servings | 10 |
| Calories | 234 |
| Calories from Fat | 60 |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 4 g |
| Cholesterol | 0 mg |
| Sodium | 4 mg |
| Carbohydrates | 42 g |
| Dietary Fiber | 4 g |
| Sugars | 26 g |
| Protein | 3 g |
| Vitamin A | 1 % |
| Calcium | 2 % |
| Vitamin C | 4 % |
| Iron | 1 % |
| Phosphorus | 99 mg |
