Cran-apple crisp



Recipe credit

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

About this recipe

Serves
8
Serving size
3/4 cup

Ingredients

- 4 apple (cored and thinly sliced)
- 1 can cranberry sauce (14 ounce, whole)
- 2 tablespoons margarine (soft, melted)
- 1 cup oatmeal (uncooked)
- 1/3 cup brown sugar
- 1 teaspoon cinnamon

Directions

1. Preheat oven to 400 degrees.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.

Nutritional info

Calories
204
Total fat
2 g
Saturated fat
0 g
Cholesterol
0 mg
Sodium
30 mg
Total carbohydrates
47 g
Dietary fiber
3 g
Protein

2 g
Total sugar
38 g
Allergens
Dairy
Wheat

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