

# Autumn Apple-Cranberry Crisp



## Ingredients

7 medium Granny Smith apples, peeled, cored and sliced

1 C fresh or frozen cranberries

$\frac{3}{4}$  C firmly packed dark brown sugar

$\frac{1}{2}$  C old-fashioned rolled oats

$\frac{2}{3}$  C whole-wheat flour

$\frac{1}{4}$  C chopped pecans or walnuts

3 Tbsp butter, softened or no-transfat margarine

## Nutrition Facts

**Serving size:**  
one 3" x 4" square

**Calories:** 268  
(27% from fat)

**Fat:** 8g (saturated 3g)

**Carbohydrate:** 50g

**Protein:** 2g

**Cholesterol:** 12mg

**Fiber:** 4g

**Sodium:** 9mg

**Serves 8**

## Preparation

Preheat oven to 375° F.

Place apples and cranberries in a 9" x 13" baking dish.

In a medium bowl, combine brown sugar, oats, flour, nuts, and butter.

Sprinkle brown sugar mixture on top of fruit. Bake until apples and cranberries are bubbly and tender, about 50 minutes.

Transfer dish to wire rack to cool slightly.

Serve with frozen low-fat vanilla yogurt if desired.

*Source: American Institute for Cancer Research*

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