



Winter Crisp

Serves: 6

Filling Ingredients

1/2 cup sugar
3 Tbsp all-purpose flour
1 tsp grated lemon peel
5 cups unpeeled, sliced apples
1 cup cranberries

Topping Ingredients

2/3 cup rolled oats
1/3 cup packed brown sugar
1/4 cup whole wheat flour
2 tsp ground cinnamon
3 Tbsp soft margarine, melted

Preheat Oven to 375 degrees

Filling

1. In a medium bowl, mix combine sugar, flour and lemon peel.
2. Add apples and cranberries and stir mix.
3. Spoon into 6-cup baking dish.

Topping

1. In a small bowl, combine oats, brown sugar, flour and cinnamon.
2. Add melted butter margarine and stir mix.
3. Sprinkle topping over filling.
4. Bake at 375 degrees for 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Summer Crisp

Prepare as directed, substitute 4 cups fresh or unsweetened frozen peaches, and 2 cups fresh or unsweetened frozen blueberries for apples and cranberries. If frozen, thaw fruit completely (do not drain).

Nutrition Content

Calories: 284
Total fat: 6g
Saturated fat: 1g
Carbohydrates: 54g
Protein: 3g
Cholesterol: 0mg
Sodium: 256mg
Dietary fiber: .5g

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