

Winter Crisp

Use as a dessert or as a delicious breakfast treat, warmed with a dollop of plain yogurt or cottage cheese.



Ingredients

Filling:

- 1/3 cup sugar
- 2 T flour
- 1 tsp lemon peel
- 3/4 tsp lemon juice
- 5 large apples, peeled, cored and sliced
- 1 cup coarsely chopped cranberries

Topping:

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- 1/4 cup whole-wheat flour
- 2 tsp cinnamon
- 2 T trans-fat-free margarine, melted

Directions:

Filling: Combine sugar, flour and lemon peel in a medium bowl; mix well. Add lemon juice, apples and cranberries; stir to mix. Spoon into a large baking dish. **Topping:** combine oats, brown sugar, flour and cinnamon in a small bowl. Stir in melted margarine. Sprinkle topping over filling. Bake in a 375° F oven for 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 284

Fat 6g

Saturated Fat 1g

Cholesterol 0mg

Sodium 56mg

Carbohydrate 52g

Dietary Fiber 5.5g

Protein 5.5g

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