

Apple Cranberry Oat Crumble

Prep Time: 3

Sweet apples and tart cranberries join together in this crumble for a great treat. Low-fat and delicious, this crumble is sure to meet your sweet dessert craving. This recipe also works well with other fruits, such as peaches. Serve it with vanilla frozen yogurt for a special treat.

4 medium apples, unpeeled, cored and thinly sliced (6²/₃ cups)
1/3 cup dried cranberries
1/4 cup lemon juice
2 Tablespoons brown sugar, packed

Topping:

3/4 cup old-fashioned oats
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
2 Tablespoons brown sugar, packed
2 Tablespoons trans-fat free unsalted margarine (stick), chilled and cut into pieces

Preheat oven to 375°.

Combine sliced apples with cranberries, lemon juice, and 2 Tablespoons brown sugar. Place in medium baking dish and bake for 20 minutes.

Meanwhile, stir together oats, cinnamon, salt, and 2 Tablespoons brown sugar in a bowl until combined.

Cut butter into oat mixture, using a pastry blender (or pulling 2 knives in opposite directions through mixture), until crumbly.

Sprinkle topping evenly over apples and return to oven. Bake until topping is golden, about 25 minutes more. Serve warm.

Serves 8

Calories 144; Fat 4g; Protein 1g; Carbohydrates 29g; Fiber 3g; Sodium 76mg.

NOTES: _____

Total Cost: \$2.84

Cost Per Serving (8): \$0.35

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