

APPLE-CRANBERRY CRISP FOR AN AUTUMN-WINTER DAY

8 Servings

This is a way for you to get nutrients and fiber. It is an old-fashioned comfort dessert.

2 medium Granny Smith apples, peeled,cored and sliced

1 cup fresh cranberries

3/4 cup firmly packed dark brown sugar

1/2 cup old-fashioned rolled oats

2/3 cup whole wheat flour

1/4 cup chopped walnuts or pecans

3 Tablespoons butter softened

1. Preheat oven to 375 degrees.
2. In an 8" square baking pan, place apples and cranberries.
3. In a medium bowl, combine brown sugar, oats, flour, nuts and softened butter.
4. Sprinkle brown sugar mixture on top of the fruit.
5. Bake about 50 minutes until apples and cranberries are bubbly and tender.
6. Remove pan to wire rack to cool slightly.

Serve scrumptious warm crisp with some vanilla ice cream. Enjoy!