

WINTER CRISP

From Stay Young at Heart: National Heart Lung & Blood Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/wincrisp.htm>

Ingredients (filling)

- ½ cup sugar
- 3 Tbsp all-purpose flour
- 1 Tsp lemon peel, grated
- ¾ Tsp lemon juice
- 5 cup apples, unpeeled, sliced
- 1 cup cranberries

Ingredients (topping)

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- ¼ cup whole wheat flour
- 2 Tsp ground cinnamon
- 1 Tbsp soft margarine, melted

Directions

1. To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish.
2. To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix.
3. Sprinkle topping over filling. Bake in a 375°F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Makes 6 servings (Serving Size: 1-3/4 inch by 2-inch piece)

Nutritional information per serving (6 servings)

Calories: 284

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 56 mg

