



Winter Crisp

Makes: 6 servings

Ingredients

2 tablespoons cinnamon

3 tablespoons margarine

1/2 cup sugar

3 tablespoons flour (all purpose)

1 teaspoon lemon peel (grated)

5 cups apple (unpeeled, sliced)

1 cup cranberries (fresh)

2/3 cup rolled oats

1/3 cup brown sugar (packed)

1/4 cup whole wheat flour

Directions

Filling:

Nutrition Information

Nutrients	Amount
Calories	320
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrate	62 g
Dietary Fiber	6 g
Total Sugars	39 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

1. Combine sugar, flour, and lemon peel in a medium bowl and mix well.
2. Stir in apples and cranberries.
3. Spoon into a 6-cup baking dish.

Topping:

1. Combine oats, brown sugar, flour, and cinnamon in a small bowl.
2. Stir in melted margarine.
3. Sprinkle topping over filling.
4. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown.
5. Serve warm or at room temperature.

Source: National Heart, Lung and Blood Institute (NHLBI), Stay Young at Heart - Cooking the Heart Healthy Way
Aim for a Healthy Weight