



Apple Pistachio Crisp

Prep time: 1 hour

Makes: 4 Servings

Fruit-based desserts can contribute to making half your plate fruits and veggies. True to their name, Honeycrisp apples are sweet and crunchy, perfectly delicious raw, but also ideal in baking. And their sweetness lends potential to reducing added sugar, as we did with this apple crisp.

Ingredients

3 apples (such as Honeycrisp, cored and cut into 1” chunks and unpeeled)

1/2 cup raisins

1/2 lemon (juiced)

1/2 cup old fashion oats

1/4 cup whole wheat flour

1 teaspoon cinnamon

3 tablespoons brown sugar

1/4 cup pistachios (unsalted, chopped)

Nutrition Information

Nutrients	Amount
Calories	330
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	0
Sodium	60 mg
Total Carbohydrate	60 g
Dietary Fiber	7 g
Total Sugars	25 g
Added Sugars included	9 g
Protein	5 g
Vitamin D	0
Calcium	47 mg
Iron	2 mg
Potassium	416 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1 1/2 cups
 Grains	1 ounce
 Protein Foods	1/2 ounce

2 tablespoons margarine or butter (melted)

Directions

1. Place rack in center of oven and preheat to 350 °F.
2. Place sliced apples, raisins, and lemon juice in 8" x 8" pan or baking dish; toss.
3. In a bowl, mix remaining ingredients except melted margarine.
4. Add melted margarine and mix until texture is consistent. Sprinkle over apple-raisin mixture.
5. Bake uncovered 45-50 minutes or until apples are tender.

Notes

Serving Suggestion: Serve with an 8 oz. glass of fat-free (skim) milk, 3 oz. boneless, skinless chicken breast, and ½ cup green beans.

Source: Produce for Better Health Foundation