



Cran-Apple Crisp

Servings 8 | Prep time 15 mins. | Total time 50-60 mins.

Equipment: Baking dish or pan (8 x 8 inches), Cutting board, measuring cups and spoons, Mixing bowl, Foil to cover in oven

Utensils: Knife, Spoon

Ingredients

Cooking spray

4 apples, cored and thinly sliced

1 14 ounce can, whole berry cranberry sauce

2 tablespoons soft margarine or butter, melted

1 cup oatmeal, uncooked

1/4 cup brown sugar

1 teaspoon cinnamon

Instructions

1. Before you begin wash your hands, surfaces, utensils, and fruits.
2. Preheat oven to 350 degrees.
3. Cut apples in quarters. Remove cores. Slice thinly, keeping peel on.
4. In bowl, combine the cranberry sauce and apples. Pour into an 8x8 inch pan.
5. Cover with foil and bake for 25-30 minutes. Sauce should be bubbling and apples fork-tender.
6. While apples are baking, combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Set aside.
7. Increase oven temperature to 400 degrees.
8. Sprinkle oat topping over apple/cranberry mixture.

Nutritional Information:

Calories 210

Total Fat 3.5g

Sodium 15mg

Total Carbs 43g

Protein 2g